

AUSTRALIAN

diabetic LIVING

CHICKEN,
KALE AND
MUSHROOM
PIE p25

8 *easy* LIFE
CHANGES

YOU CAN MAKE

TODAY!



JEANNETTE'S STORY
*"My diagnosis
lit a fire in me"*

**BANISH
belly fat
FOREVER**

Let's get
SORTED!

HOW TO CALM YOUR CHAOS AND FUND YOUR JOY

SKIP PITFALLS

How to avoid derailing
your weight loss

TAKE A SEAT

Exercise you don't
need to stand up for

RESEARCH

Kidney drugs
- what to know

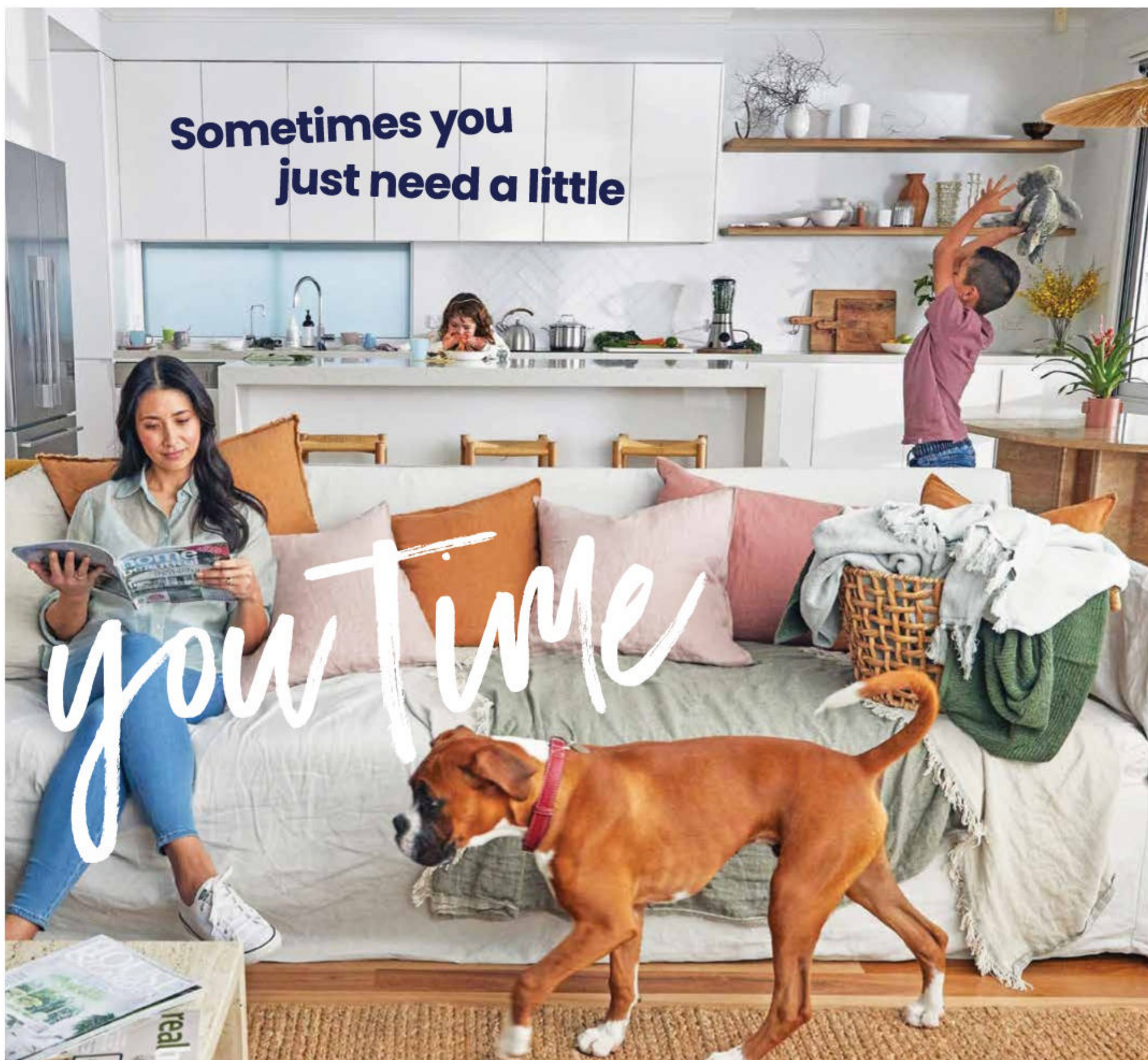
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» FOOD

- 14 5 days, 5 dinners**
- 22 Nice as pie** Satisfying fillings are crowned with golden pastry
- 31 Healthy lunches** Take a delicious and satisfying lunch break
- 34 To Dad with love** Prep and pack a picnic for dad's big day
- 42 Time for a snack** Keep the healthy vibe going between meals with these snacks
- 50 Fry time** An air fryer is your kitchen's new MVP
- 56 Better sleep** These taste great and will help you sleep well
- 59 Back to basics** Dip a chip into this better-than-bought salsa
- 60 5 simple soups** Keep winter's chill at bay with a bowl of soup
- 62 Oat-erly delicious** Three new ways with oats
- 65 Rich pickings** Finish a special meal with a fruity dessert

» LIVING WELL

- 78 Weight loss saboteur** How to avoid these common pitfalls
- 82 Blood glucose meters** How to find the right one for you
- 84 Sweet saviour** New research shows drugs that may reduce the incidence of kidney disease
- 88 Annual cycle of care** What check-ups and when
- 92 Calm your chaos** A strategy to restore some order to your life
- 98 Fund more joy** Wise choices help you manage your money
- 102 8 healthy lifestyle changes** you can make today

SPECIAL OFFER

Turn to page 128 and subscribe to *Diabetic Living* today!

CONTENTS

SEPT/OCT 2021

- 105 Diabetes and your heart** Seven things you should know about living with diabetes and cardiovascular disease
- 106 Budging that belly** Let's blast dangerous abdominal fat
- 112 Ready, sit, go** Take a seat and start exercising!

» MY STORY

- 116 'What I needed was advice, not judgement'**
- 118 'The diagnosis lit a fire'**

» REGULARS

- 4 Privacy notice**
- 5 Editor's note**
- 6 Just diagnosed**
- 8 Your healthy life**
- 72 Cook's tips**
- 74 Menu plan**
- 76 About our food**
- 121 Puzzles**
- 124 Feel better in 5**
- 127 Recipe index**
- 130 Postcard**



18



51

MY BODY MY WAY

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welcome



NEXT
ISSUE
ON SALE
OCT 21

You've got this!

There's been a lot to deal with lately and the nightly news makes for tough viewing. As life continues to be disrupted, it can feel all like a bit much. When things feel overwhelming, I like to get a handle on the things I know I can control. I can't solve the numerous issues happening in the world right now – from COVID to Afghanistan – but I can take charge of how I run my day-to-day life. In this issue, we've got two excellent features that will help you get life sorted and have you feeling like a winner. If finances are getting you down, turn to page 98, where we explain how to think about (and action) funding joy, rather than being bogged down by a budget spreadsheet. And if everything's feeling a bit chaotic (piles of paper, too many appointments, missed dates) you'll love our Calm Your Chaos feature (p92), which is full of helpful tips on managing everything from nightly dinners to exercise and your health appointments. Which leads me to the must-read Annual Cycle of Care (p88), outlining what check ups you need and when, to keep yourself in tip-top condition.

And don't think I forgot about the food, because there's plenty of that as well. I'll be heading straight for the pie feature – crumbly, flaky pastry atop a variety of warming fillings? Yes please! Have you invested in an air fryer yet? I love mine for quickly cooking marinated chicken thighs, sausages and roast vegies and we've got plenty more ideas for this magical appliance starting on page 50 – it's such a quick and healthy way to cook!

This issue, Kate's story (p116) is a cracker – she ignored her diabetes for 15 years before a pre-surgery check-up jolted her into action and she hasn't looked back since.

I do hope you're going well and look forward to hearing what you think of the issue and what you'd like to see in our pages.

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around “diabetes lingo”? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

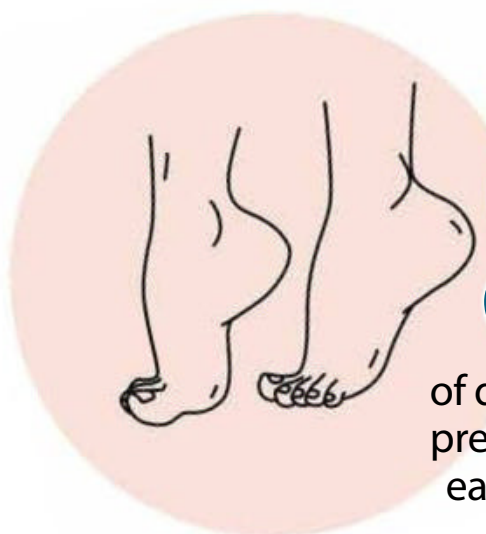
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



AROUND
85%

of diabetes related amputations are preventable if wounds are detected early and managed appropriately.

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■



YOUR healthy life

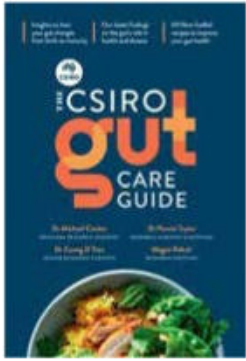
The latest news on diabetes, fitness, bone health and podcasts

Early evening exercise pays off for blood sugars

Exercising at any time of the day is good for you, but a new Australian study has shown that people who do something physically active during the early evening hours had better overnight blood glucose management. While researchers found that both morning and evening exercise sessions produced similar improvements in cardiorespiratory fitness, overnight glycaemic control only improved in the study participants who were active later in the day.

“That’s important because one of the things individuals with type 2 diabetes experience are nocturnal spikes in glucose,” says the study’s lead author, Trine Moholdt from ACU’s Mary MacKillop Institute for Health Research. “Our study was able to show that we could flatten those nocturnal spikes and that’s a really important finding because not only were night-time glucose concentrations lower, the cholesterol was lower as well.”

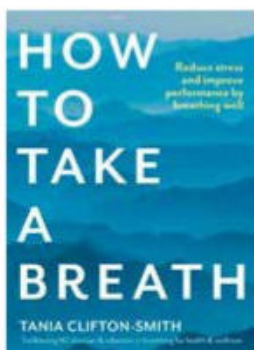




The CSIRO Gut Care Guide

by Dr Michael Conlon,
Dr Pennie Taylor, Dr Cuong
D Tran and Megan Rebuli
Macmillan Australia, \$39.99

Fresh off the press from the CSIRO, in this book research scientists and dietitians share the latest on gut health, including how gut microbes affect your body (and mood!), why fibre is your gut's best friend and whether probiotics, prebiotics and fermented foods really deliver. Plus, there's 60 gut-friendly recipes.



How to Take a Breath

by Tania Clifton-Smith
Random House NZ, \$29.99

It's something we do 24/7 but there's a difference between breathing and breathing well. The simple act of breathing right can help you think clearly, get a better night's sleep and reduce stress and anxiety.

Physiotherapist and breathing dysfunction specialist Tania Clifton-Smith shares her tips on how to correct your breathing patterns.



CAN'T SLEEP? READ THIS.

Getting the odd bad night's sleep isn't anything to worry about but if you regularly have trouble sleeping, it might be time to do something about it. A new study shows that people with frequent sleep problems are at a higher risk of dying – and that risk is increased if you have type 2 diabetes.

"Diabetes alone was associated with a 67 per cent increased risk of mortality," says co-author of the study Professor Kristen Knutson from Northwestern University in the US. "However, the mortality for participants with diabetes combined with frequent sleep problems was increased to 87 per cent. In other words, it's important for doctors treating people with diabetes to also investigate sleep disorders and consider treatments where appropriate." If concerned, talk to a GP or visit sleephealthfoundation.org.au

65 PER CENT IS HOW MUCH
YOUR SLEEP IMPROVES
WITH 150 MINUTES OF
EXERCISE PER WEEK



Q&A ASK DR MARSH

I've recently been diagnosed with type 2 diabetes and I've read that I should eat regular meals and snacks across the day but I'm not usually hungry between meals. Do I need to snack?

Kate says: Not necessarily. If you're not taking medication for diabetes or the medication you're taking doesn't cause hypoglycaemia (a hypo or low blood glucose level), you don't need to include snacks. However, spreading food intake over the day can often help with managing blood glucose levels, rather than eating large meals. If you are taking insulin or certain types of oral diabetes medications, you may need to snack between meals to prevent a hypo, but this will depend on the type of medication and/or insulin being used and when you take it. I would recommend speaking with an accredited practising dietitian (APD) who can advise you on your individual needs, how to spread your food across the day and how to match your food and medication. Visit dietitiansaustralia.org.au/find-an-apd to find a local APD.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



COVID & DIABETES: SOME NEED-TO-KNOW INFO

There are many reasons why doing what you can to keep on top of your diabetes is a good-for-you idea, but another one to add to the list is that there's a likely link between persistently high blood glucose levels and more severe symptoms of COVID-19. And on the flip side, according to the US study that revealed the connection, among people with diabetes who contracted COVID-19, it was patients with lower blood glucose levels who had less severe complications.



23

PER CENT IS HOW MUCH YOUR RISK OF DEPRESSION CAN FALL IF YOU GO TO BED AND GET UP AN HOUR EARLIER THAN USUAL EVERY DAY.

~ JAMA Psychiatry



Counting the cost of type 1 diabetes

According to a report released by JDRF in June, after reimbursements Australians with type 1 diabetes spend more than \$250 a month on average out of their own pocket to care for their diabetes – and that figure doesn't include the cost of using technologies like continuous glucose monitoring. The encouraging news is that soon after the report made headlines, the peak bodies representing Australia's diabetes healthcare professionals issued a statement calling for people with type 1 diabetes to have equal access to diabetes devices regardless of age, concessional status or their level of private health insurance cover. "The data suggests that if you are using technology, you can reduce your glucose levels significantly," says Associate Professor Sof Andrikopoulos, CEO of the Australian Diabetes Society, one of the four bodies who contributed to the statement. "And that reduction in glucose levels means the risk of diabetes complications may be reduced, as well as improve your quality of life." Watch this space.



Plant nation

We're advised to eat two serves of fruit and at least five serves of vegetables a day for good health, and a new study means you can add 'lower stress levels' into the mix. Carried out at Edith Cowan University in Western Australia, the research found that people who ate at least 470 grams of fruit and vegetables a day had 10 per cent lower stress levels than those who consumed less than 230 grams. The reason? It's probably thanks to the fact that fruit and veggies contain a range of important nutrients that, by reducing inflammation and oxidative stress, can improve mental wellbeing. The problem? At the moment only one in two Australians eat two serves of fruit a day and less than one in 10 are eating enough vegetables. A quick-fix way to turn that around is making a commitment to cover half your plate with veggies at lunch and dinner and reaching for pieces of whole fruit at snack times.



Q&A ASK RACHEL

I've just been diagnosed with diabetes and my workplace is concerned and has decreased my hours and shifts. Is there someone I can ask for help?

Rachel says: There is often stigma around diabetes and how it affects your ability to undertake daily tasks, including in the workplace. People are generally worried about something when they don't have the right understanding or education.

Education and support are vital for everyone around you to understand diabetes and how you manage your glucose levels. Talk to your credentialled diabetes educator or diabetes team to see if they can assist you in speaking to your workplace. Once your workplace understands diabetes and your diabetes management, they'll become more comfortable with it. And it will also provide you with a new support network in case there's something you need while you're at work.

~~~~~  
Rachel Freeman, diabetes educator





## Where there's smoke...

There's an increased risk of 12 different types of cancer. But an Australian-first study conducted by The Daffodil Centre has shed light on the fact that cancer risk increases with every cigarette, even for light smokers. In fact, people who smoke between one and five cigarettes a day have an almost 10-fold increased risk of lung cancer. "Some smokers are at the point where they are smoking a few cigarettes a day and don't realise the cancer risks they are running," says Dr Marianne Weber, senior research fellow at The Daffodil Centre. "Cigarette smoke is directly coating their mouth, throat, oesophagus and lungs with 7000 chemicals, including 69 carcinogens." The good news is that the risk of cancer was significantly reduced in study participants who had quit smoking. "These results demonstrate that quitting smoking is much more effective at reducing disease than 'cutting down'." Call Quitline on 13 78 48.

## A NEW TREATMENT FOR TYPE 2?

A world-first trial to test a new way to manage type 2 diabetes is underway in Australia. After discovering that cells in the lining of the duodenum, which is the first part of the small intestine, don't function properly in people with type 2, the Regent-1 Clinical Trial is using a non-surgical procedure to encourage new, fully functioning cells to grow. Called Duodenal Mucosal Regeneration (DMR), the theory is that because these cells contribute to an imbalance in blood sugar levels when they don't function properly, by 'fixing' the issue using DMR it'll improve the body's ability to regulate blood sugar levels for people with type 2. Visit [info.bmiclinic.com.au/regent](http://info.bmiclinic.com.au/regent).



Q&A ASK DREW

### I lost my 'exercise mojo' over winter. How can I rediscover my motivation to move?

**Drew says:** A great way to get the buzz back is by joining a new gym or fitness studio, or by trying a physical activity, class or sport that you haven't tried before. You can also double down by finding yourself a workout partner. This can help keep you – and them – accountable, but it pays to choose wisely. Find a partner who's like-minded, motivated, on a similar fitness level, has similar goals and, ideally, has no quit in them! Finally, investing in cardio equipment or weights to keep at home is a convenient, time-efficient option, too. You're less likely to skip your workout if you don't have to commute, don't have to dress to impress or wait for machines to become available.

Drew Harrisberg, exercise physiologist & diabetes educator ■



# REVERSING DIABETES: Fact or Fiction?

Well the short answer is, for many people, type 2 diabetes can be reversed.

According to the University of Leicester in England, remission of type 2 diabetes is diagnosed when a person with confirmed type 2 diabetes has achieved all three of the following criteria:

- 1. Weight loss
- 2. Fasting plasma glucose or HbA1c below the WHO diagnostic threshold (<7mmol/l or <48mmol/mol, respectively) on two occasions separated for at least 6 months
- 3. The attainment of these glycemic parameters following the complete cessation of all glucose-lowering therapies

Carrying excess weight can change the way your body reacts to Insulin. The university maintains for remission to occur, weight loss of between 10% and 15% of your starting weight is needed. People who have had diabetes for longer may struggle to reach remission. However, don't be deterred as weight loss of only 5% or 10% of your total body weight has many benefits including:

- Better controlling blood glucose levels
- Lowering blood pressure levels
- Lowering cholesterol levels
- Increasing energy levels

Losing weight and sustaining the weight loss may require you to change your diet. Getting into the habit of eating healthily is vital. Consuming a low calorie or low carbohydrate diet is a healthy option.

## Weight loss and weight management made easy

Low GI BodyCare Nutrition™ Revitalise helps make it easy for you to lose weight and stop unwanted weight gain, when part of a healthy eating diet and exercise. Revitalise's healthier carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces insulin load and insulin resistance.

**Reducing Insulin levels** The combination of low GI and healthy levels of protein and fibre means Revitalise stops you from snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose and insulin levels.

**Revitalise is not a meal replacement** At only 140 calories per serve, Revitalise is perfect to be consumed with low calorie or low carbohydrate meals or as an in-between snack. Revitalise will keep you feeling full for hours. You may notice your urge to graze between meals decreases. After drinking Revitalise, you may even find you eat a smaller main meal because you won't feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight and increase your energy levels.

**Lowering blood pressure and cholesterol** Revitalise reduces blood pressure and bad cholesterol when part of low salt and low saturated fatty acids diets.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$34.95, Revitalise gives you 14 serves (up to 2 weeks supply). See below for stockists or ask your local chemist to get Revitalise in for you.

**Free delivery for online orders** Can't get to the chemist? Revitalise is available online from [bodycarenutrition.com.au](http://bodycarenutrition.com.au). Insert Coupon Code **goodhealth2021** into the shopping cart for **free delivery**. Offer expires 31/10/21.



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Murrumbateman, Murrumbateman Pharmacy  
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Oran Park, Priceline Pharmacy, Oran Park S/C  
Orange, McCarthy's Pharmacy, Lords Pl  
Padstow, Smiths MediAdvice Pharmacy  
Panania, Panania Pharmacy  
Parramatta, Priceline, Westfield  
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Penrith, Priceline, High St  
Penrith (South), Priceline, Southlands  
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Seven Hills, Priceline, Shop 48, Seven Hills Plaza  
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St Marys, Easy Script, Queen St  
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Tamworth, The Centre Pharmacy, Northgate S/C  
Taree, Your Discount Chemist  
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Toukley, Hopes Pharmacy  
Uludaulla, Beachside Capital Chemist  
Urunga, The Urunga Pharmacy  
Wattle Grove, Wattle Grove Village Discount Pharmacy  
Wetherill Park, Chemistworks, Stockland  
Windang, Windang Pharmacy & Compounding  
Woonona, Amcal Plus Pharmacy  
Wyee, Wyee Centre Pharmacy  
Yass, My Pharmacy, Laidlaw St

**ACT**  
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Broadmeadows, Hume City Pharmacy  
Brunswick West, Moreland Discount Chemist  
Caroline Springs, Direct Chemist Outlet (Westsprings)  
Cheltenham, Direct Chemist Outlet  
Clayton, Vicky Melissas Pharmacy  
Coburg (North), Direct Chemist Outlet  
Deer Park, Deer Park Pharmacy, Ballarat Rd  
Deer Park, Direct Chemist Outlet, Brimbank S/C  
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Northcote, Soul Pattinson Pharmacy  
Paynesville, Paynesville Pharmacy  
Plenty, Eco+Life Pharmacy  
Port Fairy, Pharmacy Neo Port Fair  
Ringwood, Pharmacy Now

Rosebud, Direct Chemist Outlet  
Strathmore, Kirschner's Pharmacy  
Tarneit West, Direct Chemist Outlet  
Thornbury, Steve Kolliou CareMore Pharmacy  
Wallan, Direct Chemist Outlet  
Wantirna, Community Pharmacy  
Warrnambool, Direct Chemist Outlet, Target Warrnambool  
Waverley Gardens, NOVA Pharmacy, Waverley Gardens S/C  
Werribee, Direct Chemist Outlet Werribee Central  
Woodend, Woodend Pharmacy

**South Australia**  
Port Lincoln, Priceline, Porter St  
Kingston SE, Kingston Pharmacy

**Western Australia**  
Exmouth, Exmouth Pharmacy  
Ferndale, Ferndale Pharmacy  
Landsdale, Landsdale Compounding Pharmacy  
Mandurah, Mandurah Central Pharmacy  
Ocean Reef, Ocean Reef Pharmacy  
Stratton Park, Stratton Park Pharmacy  
Success, Cockburn Super Clinic Pharmacy

**Northern Territory**  
Coolalinga, Better Health Pharmacy  
Karama, Pharmasave Pharmacy



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# 5 DAYS 5 DINNERS

Enjoy these new ideas for easy  
weeknight dinners for two

**LOWER-CARB  
OPTION**

Swap wholemeal  
pasta for a 200g  
packet of Slendier  
Edamame Bean  
Spaghetti.



Creamy pesto  
& kale pasta  
*Recipe, page 16*







Stroganoff steak &  
sweet potato wedges  
*Recipe, page 17*



How our  
food works  
for you  
see page 76



**MONDAY**

GFO

## CREAMY PESTO & KALE PASTA

**PREP** 10 MINS **COOK** 25 MINS

**SERVES** 2 (AS A MAIN)

2 tsp olive oil

1 red onion, thinly sliced

150g kale, inner core removed,  
shredded

50ml water

150g wholemeal pasta or  
gluten-free pasta

2 Tbsp reduced-fat cream cheese

2 Tbsp pesto or gluten-free pesto

Freshly ground black pepper

**1** Heat the oil in a large non-stick frying pan over medium heat. Add the onions and cook, stirring occasionally, for 10 minutes or until the onion softens and starts to caramelise.

**2** Add the kale and water to the pan. Cover and cook for 5 minutes or until the kale wilts.

**3** Cook the pasta in a large saucepan of boiling water, following packet directions, or until al dente. Drain the pasta, reserving a little of the cooking water.

**4** Toss the pasta with the onion mixture, cream cheese and pesto, adding a splash of the reserved cooking water to loosen, if needed. Season with pepper.

### *Nutrition info*

**PER SERVE** 2010kJ, **protein** 16g, **total fat** 20g (sat. fat 6g), **carbs** 54g, **fibre** 12g, **sodium** 392mg • **Carb exchanges** 3½ • **GI estimate** low  
• **Gluten-free option**

GFO LCO

**PER SERVE** 1440kJ, **protein** 22g, **total fat** 21g (sat. fat 7g), **carbs** 12g, **fibre** 11g, **sodium** 389mg • **Carb exchanges** 1 • **GI estimate** low  
• **Gluten-free option** • **Lower carb**





**TUESDAY** **GFO**

**SAUCY BEAN BAKED EGGS**

**PREP** 5 MINS **COOK** 20 MINS  
**SERVES** 2 (AS A MAIN)

2 x 400g cans no-added-salt cherry tomatoes  
420g can no-added-salt four bean mix, drained  
200g baby spinach leaves  
4 x 60g eggs  
50g thinly sliced smoked ham or gluten-free ham, torn

**1** Put the tomatoes and four bean mix into a shallow flameproof and ovenproof casserole dish. Simmer over medium heat for 10 minutes, or until the mixture reduces. Add spinach and cook, stirring, for 5 minutes or until spinach wilts.

**2** Preheat grill on medium. Make four indentations in the tomato mixture using the back of a spoon. Crack one egg in each. Nestle the ham in the mixture. Place under the grill for 4-5 minutes, or until the whites are set and the yolks runny.

**Nutrition info**

**PER SERVE** 1930kJ, **protein** 36g, **total fat** 12g (sat. fat 4g), **carbs** 43g, **fibre** 16g, **sodium** 627mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

**WEDNESDAY** **GFO**

**STROGANOFF STEAK & SWEET POTATO WEDGES**

**PREP** 10 MINS **COOK** 30 MINS  
**SERVES** 2 (AS A MAIN)

400g orange sweet potato, unpeeled, cut into long wedges  
3 tsp olive oil  
Freshly ground black pepper  
2 x 125g beef sirloin steaks, trimmed of fat  
150g Swiss brown mushrooms, sliced  
½ clove garlic, crushed  
1 tsp smoked paprika  
1 Tbsp sherry vinegar  
100ml salt-reduced beef stock or gluten-free stock  
6 Tbsp Carnation Lite Cooking Cream  
1 Tbsp chopped flat-leaf parsley  
Picked watercress, to serve

**1** Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Toss the wedges with 2 teaspoons olive oil and season with pepper. Spread out on a non-stick baking tray and cook for 25-30 minutes or until tender.

**2** Meanwhile, heat a large non-stick frying pan over high heat. Rub the remaining oil over the steaks and season with pepper. Add to the pan and cook for 1½ minutes on each side, for medium or until cooked to your liking. Transfer to a warm plate, cover with foil and set aside to rest.

**3** Add the mushrooms to the same pan and cook, stirring, over high heat for 5 minutes until deep golden, softened and all their liquid has evaporated (add a tiny

**LOWER-CARB OPTION**

Replace sweet potato fries with steamed vegetables. Steam 1 bunch broccolini and 1 large carrot, sliced.

drizzle more oil if the mushrooms are sticking). Add the garlic and paprika to the pan. Cook, stirring, for 2 minutes.

**4** Pour in the sherry vinegar and simmer for 1 minute until it disappears. Add the beef stock and simmer for 3 minutes. Reduce the heat to medium and stir in the cooking cream and any resting juices from the steak. Simmer for 2 minutes. Season with pepper. Stir the parsley into the pan. Spoon over the steak and serve with the wedges and watercress.

**Nutrition info**

**PER SERVE** 2030kJ, **protein** 37g, **total fat** 20g (sat. fat 9g), **carbs** 34g, **fibre** 7g, **sodium** 258mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

**GFO** **LCO**

**PER SERVE** 1530kJ, **protein** 38g, **total fat** 16g (sat. fat 8g), **carbs** 12g, **fibre** 7g, **sodium** 310mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**



## mains

### THURSDAY **GFO**

#### HEALTHY CHICKEN KATSU

**PREP** 15 MINS **COOK** 15 MINS

**SERVES** 2 (AS A MAIN)

80g Low GI Brown Rice

25g flaked almonds

1 tsp olive oil

2 x 125g skinless chicken breast fillets, trimmed of fat

Freshly ground black pepper

2 green shallots, thinly diagonally sliced

1 carrot, peeled into ribbons

1 small Lebanese cucumber, peeled into ribbons

1 small red chilli, deseeded, finely chopped

Juice of ½ lime

Small handful mint and coriander leaves

Lime wedges, to serve

#### SAUCE

2 tsp olive oil

1 brown onion, roughly chopped

2 garlic cloves, finely chopped

4cm piece ginger, peeled and finely chopped

2 tsp curry powder or gluten-free curry powder

1 star anise

¼ tsp ground turmeric

1 Tbsp plain wholemeal flour or gluten-free flour

400ml water

1 Preheat oven to 200°C (fan-forced). Cook the rice in a small saucepan following packet directions.

2 Meanwhile, crush the almonds using a pestle and mortar, or blitz in a small food processor until finely chopped. Sprinkle over a plate. Line a baking tray with baking paper. Brush the chicken on both sides with the oil and season with pepper. Coat the chicken with the nuts and place on the tray. Press any remaining nuts from the plate onto each breast. Bake for 15-20

minutes or until browned and cooked through. Set aside for 3 minutes to rest, then thickly slice.

3 While the chicken is cooking, make the sauce. Heat the oil in a medium non-stick saucepan over medium heat. Add the onion, garlic and ginger. Loosely cover the pan and cook, stirring occasionally, for 8 minutes or until lightly browned and softens, removing the lid for the last 2 minutes of cooking. Stir in the curry powder, star anise, turmeric and a good grinding of black pepper. Cook, stirring, for 1 minute. Sprinkle over the flour and stir well. Gradually add the water to the pan, stirring constantly.

4 Bring the sauce to a simmer and cook, stirring occasionally, for 10 minutes. If it begins to splutter, cover loosely with a lid. Remove the pan from the heat and blitz the sauce with a stick blender until very smooth. Cover to keep warm.

5 Once the rice is tender, add the green shallots and cook, stirring, for 1 minute. Drain well, then set aside. Toss the carrot and cucumber with the chilli, lime juice and herbs.

6 Divide the sliced chicken between two plates, pour over the sauce and serve with the rice, salad and lime wedges for squeezing over.

#### Nutrition info

**PER SERVE** 2130kJ, **protein** 37g, **total fat** 18g (sat. fat 3g), **carbs** 44g, **fibre** 11g, **sodium** 109mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

**GFO** **LCO**

**PER SERVE** 1710kJ, **protein** 37g, **total fat** 17g (sat. fat 2g), **carbs** 21g, **fibre** 12g, **sodium** 174mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**





A top-down photograph of a meal on a light-colored ceramic plate. The plate features a large, golden-brown, breaded fish fillet in the center, garnished with a small sprig of fresh cilantro. To the left of the fish is a vibrant salad of sliced cucumbers, shredded carrots, and red bell peppers, also topped with cilantro. The plate is filled with white rice, some of which is coated in a yellow curry sauce. Two wooden chopsticks are placed on the right side of the plate. The background includes a blue and green patterned cloth and several lime wedges on a dark grey surface. A pink circular text box is positioned in the upper left quadrant of the image.

**LOWER-CARB  
OPTION**

Drop the brown  
rice and serve  
each portion with  
1 cup steamed  
cauliflower rice.



**FRIDAY**

**GFO**

## **SWEET POTATO & CAULIFLOWER LENTIL BOWL**

**PREP** 20 MINS **COOK** 35 MINS  
**SERVES** 2 (AS A MAIN)

300g orange sweet potato,  
unpeeled, scrubbed and cut into  
medium chunks

400g cauliflower, cut into large  
florets, stalk diced

2 tsp garam masala

1½ Tbsp olive oil

Freshly ground black pepper

1 clove garlic

80g puy lentils

200ml water

2cm piece ginger, grated

½ tsp Dijon mustard or gluten-  
free mustard

Pinch caster sugar

1 small lime, juiced

1 carrot

⅛ red cabbage

¼ bunch coriander

**1** Preheat oven to 180°C (fan-  
forced). Line a baking tray with  
baking paper. Toss the sweet potato  
and cauliflower with the garam  
masala, half the oil and pepper.  
Spread out on the lined tray. Add  
the garlic and roast for 30-35 mins  
or until cooked.

**2** Meanwhile, put the lentils and  
water in a saucepan. Cover and  
bring to the boil over high heat.  
Reduce heat to medium and  
simmer for 20-25 minutes or until  
the lentils are cooked but still have  
some bite. Drain.

**3** Remove the garlic cloves from the  
tray and squish them with the  
blade of your knife. Put the garlic in

a large bowl with the remaining oil,  
ginger, mustard, sugar and one-  
third of the lime juice. Whisk, then  
tip in the warm lentils. Stir and  
season with pepper.

**4** Coarsely grate the carrots, shred  
the cabbage and roughly chop the  
coriander. Squeeze over the  
remaining lime juice and season  
with pepper.

**5** Divide the lentil mixture between  
two bowls. Top each serving with  
half of the carrot slaw and half of the  
sweet potato and cauliflower mix.

### ***Nutrition info***

**PER SERVE** 1980kJ, **protein** 19g,  
**total fat** 16g (sat. fat 2g), **carbs** 56g,  
**fibre** 17g, **sodium** 173mg • **Carb**  
**exchanges** 3½ • **GI estimate** low  
• **Gluten-free option**





# LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

## GROCERIES

**PASTA** Cook and serve with a healthy bolognese sauce (use vegetarian mince for a vegetarian alternative, chop up lots of fresh vegies and add lots of chopped herbs to boost flavour).

**PESTO** Spread over a pizza base as an alternative to pizza sauce. Toss through freshly cooked pasta with some lightly steamed zucchini ribbons. Top with parmesan shavings and serve with a big garden salad.

**PUY LENTILS** Cook and use in salads.

**STOCK** Freeze in ice cube trays, once frozen pop out into an airtight container. Keep in the freezer and use when needed.

**COOKING CREAM** Use in curries, sauces or soups.

**ALMONDS** Toast and sprinkle a few over your salad, munch on as a snack or use in baking.

## FRUIT AND VEGETABLES

**SWEET POTATO** Cut into small cubes and toss in a little olive oil, smoked paprika and freshly ground black pepper. Roast in an oven preheated to 200°C (fan-forced) for 20 minutes or until tender. Add to your favourite salad.

**GINGER** Finely grate and use in dressings, stir-fries and soups.

**CORIANDER, PARSLEY & MINT** Chop and stir through pasta sauces, use in dressing or sprinkle over grilled chicken, lamb or beef.

## SHOPPING LIST

### GROCERIES

- ☐ 500g wholemeal pasta
- ☐ 190g jar pesto
- ☐ 2 x 400g cans no-added salt cherry tomatoes
- ☐ 420g can no-added-salt four bean mix
- ☐ 375g pkt puy lentils
- ☐ 250ml salt-reduced beef stock
- ☐ 300ml carton Lite Cooking Cream
- ☐ 100g flaked almonds

### PANTRY

- ☐ Extra virgin olive oil
- ☐ 4 x 60g eggs
- ☐ Garam masala
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ Ground coriander
- ☐ Curry powder
- ☐ Star anise
- ☐ Ground turmeric
- ☐ Wholemeal plain flour
- ☐ 4 cloves garlic
- ☐ Dijon mustard
- ☐ Caster sugar
- ☐ Sherry vinegar
- ☐ Low GI brown rice

### CHILLED

- ☐ 250g light cream cheese
- ☐ 200ml light sour cream
- ☐ 50g sliced leg ham

### FRUIT AND VEGETABLES

- ☐ 1 red onion
- ☐ 1 brown onion
- ☐ 1 bunch kale
- ☐ 200g baby spinach
- ☐ 700g orange sweet potato
- ☐ ½ cauliflower
- ☐ 150g Swiss brown mushrooms
- ☐ Small piece fresh ginger
- ☐ 2 limes
- ☐ 1 lemon
- ☐ 2 carrots
- ☐ ¼ red cabbage
- ☐ 1 Lebanese cucumber
- ☐ 1 bunch coriander
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch mint
- ☐ 1 bunch watercress
- ☐ 1 small red chilli

### MEAT & SEAFOOD

- ☐ 2 x 125g beef sirloin steaks
- ☐ 2 x 125g chicken breast

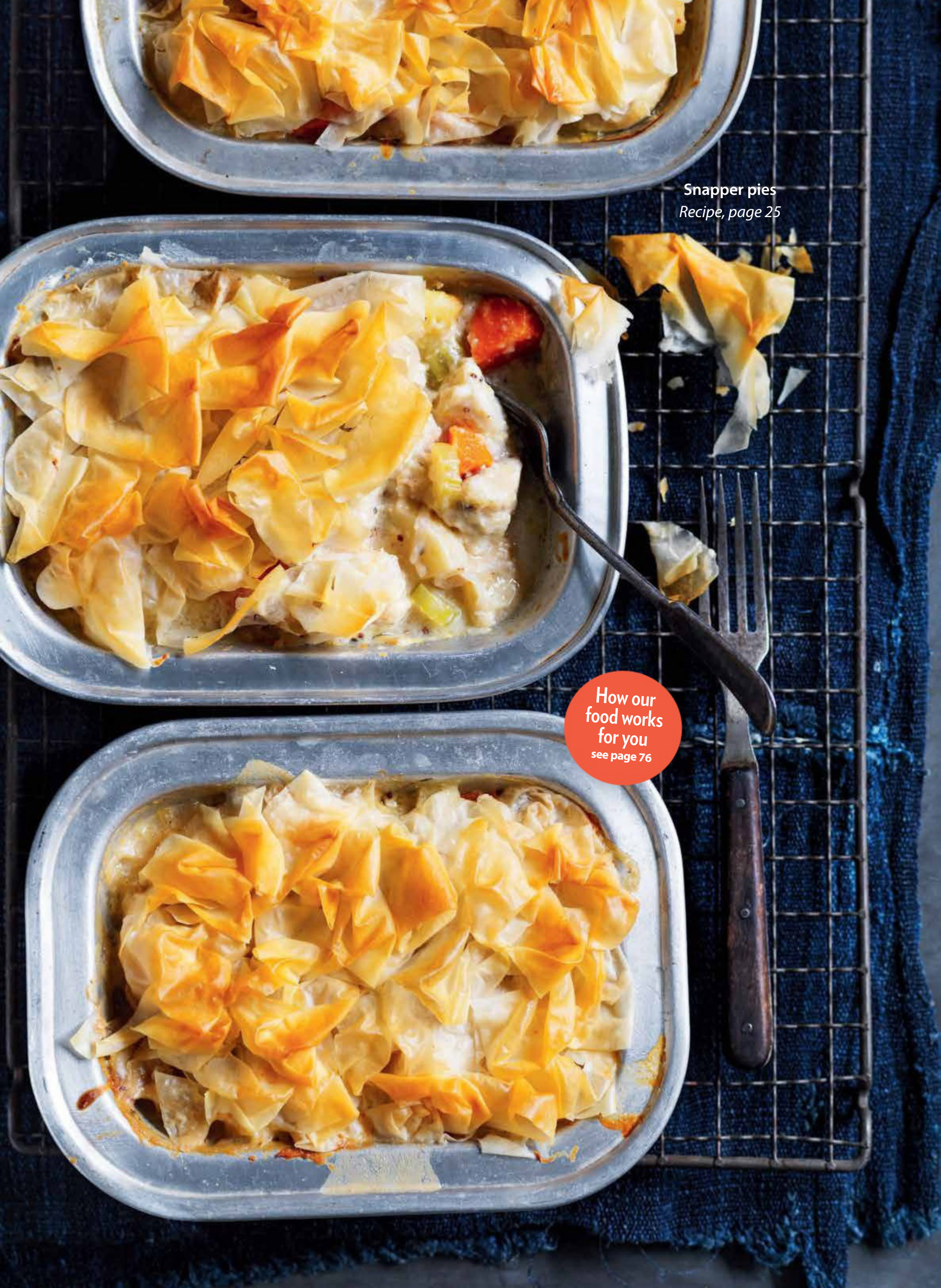
**CUCUMBER** Chop into pieces and eat as a snack.

**CABBAGE** Finely shred and use in salads, or cook off with some finely chopped onion and garlic and a

dash of olive oil until tender. Season with pepper and finely chopped flat-leaf parsley.

**WATERCRESS** Use on sandwiches or use to make a watercress and potato soup. ■



A top-down photograph of three rectangular metal trays filled with snapper pies, arranged vertically on a wire cooling rack. The pies are topped with a thick layer of golden-brown, flaky phyllo dough. The middle tray is partially cut into, revealing a filling of white fish, vegetables, and a red tomato slice. A silver fork and a knife with a dark wooden handle are placed to the right of the trays. The entire setup is on a dark blue, textured fabric background.

Snapper pies  
Recipe, page 25

How our  
food works  
for you  
see page 76



# NICE AS PIE

COVER  
RECIPE

Pack your pies full of fruit, vegies and  
lean protein for a nourishing meal.

Chicken, kale &  
mushroom pie  
*Recipe, page 25*



## LAMB, MINT & SWEET POTATO PIE

**PREP** 15 MINS **COOK** 40 MINS

**SERVES** 4 (AS A MAIN)

1kg orange sweet potato, chopped  
2 Tbsp skim milk  
1 tsp olive oil  
1 brown onion, finely chopped  
2 carrots, coarsely grated  
130g (2 cups) shredded cabbage  
2 Tbsp GravoX Lite Supreme Gravy  
400g can no-added-salt crushed tomatoes  
310ml (1¼ cups) water  
60ml (¼ cup) salt-reduced tomato sauce  
1 Tbsp Worcestershire sauce  
200g broccoli, cut into small pieces  
150g (1 cup) frozen peas  
60g baby spinach leaves

500g lamb leg steaks, trimmed of fat, finely chopped  
⅓ cup mint leaves, finely shredded  
40g reduced-fat feta, crumbled  
40g (⅓ cup) reduced-fat grated cheddar

**1** Cook the sweet potato in a large saucepan of boiling water for 10-12 minutes or until very tender. Drain well and return to pan. Add the milk and mash until almost smooth. Cover and set aside.

**2** Meanwhile, preheat oven to 180°C (fan-forced). Heat the oil in a large non-stick frying pan over medium heat. Add the onion, carrot and cabbage. Cook, stirring occasionally, for 5-6 minutes or until the onion softens. Add the gravy and cook, stirring, for 1 minute. Stir in the

tomatoes, water, tomato sauce and Worcestershire sauce. Bring to a simmer. Remove the pan from the heat and stir in the broccoli, peas and spinach until spinach just wilts. Stir in the lamb and mint.

**3** Divide the mixture between 4 x 500ml (2-cup) ovenproof dishes. Cover with sweet potato and rough up the top. Sprinkle over combined feta and cheddar. Place the dishes on 2 baking trays. Bake for 20-25 minutes or until the cheese is melted and golden brown. Serve.

### *Nutrition info*

**PER SERVE** 2130kJ, **protein** 44g, **total fat** 12g (sat. fat 5g), **carbs** 49g, **fibre** 15g, **sodium** 529mg • **Carb exchanges** 3½ • **GI estimate** low





## CHICKEN, KALE & MUSHROOM PIE

**PREP** 20 MINS (+ 1 HOUR COOLING)  
**COOK** 50 MINS **SERVES** 6 (AS A MAIN)

2 tsp extra virgin olive oil  
500g skinless chicken breast fillet, trimmed of excess fat  
1 leek, trimmed, halved lengthways, thickly sliced  
2 stalks celery, sliced  
700g orange sweet potato, chopped  
300g button mushrooms, larger ones halved  
2 cloves garlic, crushed  
½ bunch thyme, leaves picked  
2 Tbsp wholemeal plain flour  
435ml (1¾ cups) skim milk  
½ bunch kale, inner core removed, shredded  
1 Tbsp wholegrain mustard  
¼ tsp smoked paprika  
55g (½ cup) grated mozzarella  
1 sheet Pampas Light Shortcrust Pastry 25% Reduced Fat, thawed  
60g egg, lightly whisked

**1** Heat ¼ teaspoon of the oil in a small non-stick frying pan over medium heat. Add the chicken and cook for 3 minutes each side or until almost cooked. Transfer to a plate, cover loosely with foil and set aside.

**2** Heat the remaining oil in a large non-stick frying pan over medium heat. Add the leek and celery. Cook, stirring occasionally, for 5-6 minutes or until the leek starts to soften.

**3** Meanwhile, put the sweet potato and 60ml (¼ cup) water in a microwave-safe dish. Cover and cook on High/100% for 4-5 minutes or until tender. Drain and set aside.

**4** Stir the mushrooms, garlic and thyme into leek mixture. Increase heat to high and cook, stirring often, for 2-3 minutes or until the mushrooms soften. Add the flour to pan and cook, stirring, for 1 minute. Gradually stir in the milk. Bring to a simmer. Add the kale and cook, stirring, for 2-3 minutes or until

soften. Remove the pan from the heat. Stir in the sweet potato, mustard, paprika and cheese.

**5** Chop the chicken into pieces and stir into the vegie mixture. Spoon into a 2L (8-cup) rectangular ovenproof dish. Set aside for 1 hour to cool.

**6** Preheat oven to 190°C (fan-forced). Roll out the pastry on a lightly floured sheet of baking paper large enough to cover filling. Place on top of filling, pinching on edge of dish to seal. Trim excess. Make a few small slits in the top to help steam escape while cooking. Brush pastry with a little egg. Bake for 25-30 minutes or until golden brown. Serve.

### Nutrition info

**PER SERVE** 1570kJ, **protein** 33g, **total fat** 8g (sat. fat 3g), **carbs** 37g, **fibre** 8g, **sodium** 315mg • **Carb exchanges** 2½ • **GI estimate** low

## SNAPPER PIES

**PREP** 20 MINS (+ 30 MINS COOLING)  
**COOK** 50 MINS **SERVES** 4 (AS A MAIN)

1 tsp olive oil  
1 large red onion, halved, thinly sliced  
2 parsnips, chopped  
2 carrots, diagonally sliced  
2 stalks celery, diagonally sliced  
2 Carisma potatoes, chopped  
2 cloves garlic, finely chopped  
60ml (¼ cup) water  
40g (¼ cup) wholemeal plain flour  
560ml (2¼ cups) reduced-fat milk  
60g (½ cup) reduced-fat grated vintage cheddar  
2 tsp wholegrain mustard  
Finely grated zest of 1 lemon  
Freshly ground black pepper  
600g boneless, skinless snapper fillets, cut into bite-size pieces  
6 sheets filo pastry

**1** Heat the oil in a large non-stick frying pan over medium heat. Add the onion, parsnips, carrots, celery, potatoes and garlic. Cook, stirring often, for 4 minutes. Add the water, cover and cook for 10-15 minutes or until vegetables are just tender.

**2** Add the flour to the pan and cook, stirring, for 1 minute. Remove the pan from the heat and gradually stir in milk. Return to the heat and cook, stirring, until sauce thickens and comes to a simmer. Simmer, uncovered, for 5 minutes. Remove from heat and stir in cheese, mustard, lemon zest and pepper. Stir in the fish. Divide the mixture between 4 x 500ml (2-cup) ovenproof dishes. Set aside for 30 minutes to cool slightly.

**3** Preheat oven to 180°C (fan-forced). Lay out 1 piece of filo pastry on a clean surface. Spray with cooking spray, then cut crossways into about 8 strips. Scrunch up pieces and arrange on top of 1 pie. Repeat spraying, cutting and scrunching remaining 5 sheets of filo (you will need about 1½ sheets to cover each pie).

**4** Bake pies for 20-25 minutes or until pastry tops are golden brown. Serve immediately.

### Nutrition info

**PER SERVE** 2260kJ, **protein** 48g, **total fat** 19g (sat. fat 6g), **carbs** 43g, **fibre** 9g, **sodium** 518mg • **Carb exchanges** 3 • **GI estimate** low



## comfort food

### STEAK & GUINNESS PIE WITH CHEESE CRUST

**PREP** 20 MINS (+ 2 HOURS COOLING + CHILLING) **COOK** 2 HOURS 40 MINS  
**SERVES** 6 (AS A MAIN)

2 Tbsp wholemeal plain flour  
Freshly ground black pepper  
600g chuck steak, trimmed of fat,  
cut into 2.5cm pieces  
1 tsp olive oil  
2 brown onions, cut into thin  
wedges  
2 stalks celery, chopped  
440ml can Guinness  
500g Carisma potatoes, chopped  
1 Tbsp Dijon mustard  
1/3 bunch thyme  
2 bay leaves  
1 Tbsp brown sugar  
2 zucchini, coarsely grated, excess  
moisture squeezed out  
60g egg, lightly whisked  
4 cups mixed garden salad (such  
as lettuce, tomato and  
cucumber), to serve

#### PASTRY

120g (3/4 cup) plain flour  
80g (1/2 cup) wholemeal plain flour  
70g light margarine  
40g (1/3 cup) reduced-fat grated  
cheddar  
3-4 Tbsp iced water

**1** Put the flour on a large plate and season with pepper. Add the steak and toss well to coat. Heat the oil in a large casserole dish over medium-high. Cook the steak for 2-3 minutes or until browned. Remove from the pan and set aside.

**2** Add the onions, celery and Guinness to the pan and increase heat to high. Cook, stirring, for 2 minutes to remove any bits off the bottom of pan. Add the potatoes, mustard, thyme and bay leaves. Cover and bring to a simmer. Reduce heat to medium-low and simmer, covered, for 2-2½ hours or until the meat is very tender and the sauce is thick.

**3** Remove the pan from the heat and remove and discard thyme stalks (leaves will have fallen off) and bay leaves. Stir in the sugar and zucchini. Transfer mixture to a large dish, cover and set aside for 2 hours to cool (transfer to the fridge after 1 hour, if you like).

**4** Meanwhile, to make the pastry, put the flours and margarine in a small food processor. Cover and process until combined. Add the cheddar and process to combine. Add enough of the water that the dough starts to come together when processed. Turn out onto a clean surface and bring together to form a ball. Shape into a disc, cover in plastic wrap and put in the fridge for 30 minutes to chill.

**5** Preheat oven to 190°C (fan-forced). Stir filling and spoon into a 20cm pie dish. Roll out pastry between 2 sheets of baking paper lightly dusted with flour until a little larger than top of the pie dish. Cut small strips off the edge of the pastry round and press around edge of the pie dish. Brush with a little egg. Place the pastry over the filling, trimming edge to fit dish and discarding excess. Pinch edge to seal. Cut a few small slits in the top of the pastry to allow steam to escape while cooking. Brush pastry with a little egg. Place pie on a baking tray and bake for 25-30 minutes or until pastry is golden brown.

**6** Serve the pie warm with the garden salad on the side.

#### Nutrition info

**PER SERVE** 1990kJ, **protein** 33g, **total fat** 17g (sat. fat 6g), **carbs** 42g, **fibre** 8g, **sodium** 275mg • **Carb exchanges** 3 • **GI estimate** medium









## BLACKBERRY & GINGER PIE

**PREP** 15 MINS (+ 1 HOUR COOLING)

**COOK** 55 MINS **SERVES** 8 (AS AN OCCASIONAL DESSERT)

500g frozen blackberries

60g (¼ cup) caster sugar or granulated sugar substitute

3 large ripe pears, peeled, cored and chopped

3cm piece ginger, finely grated

¼ tsp ground ginger

1 Tbsp cornflour

1 tsp vanilla extract

60g egg, lightly whisked

1 sheet Pampas Light Shortcrust Pastry 25% Reduced Fat, thawed

1 tsp caster sugar, extra

Icing sugar (optional), to serve

**1** Heat the blackberries, sugar, pears, fresh and ground ginger in a medium saucepan over medium heat, stirring until the berries defrost. Increase heat to high and bring to the boil. Reduce heat to medium and simmer, covered, for 10 minutes. Uncover and simmer for a further 10 minutes. Mix cornflour with a little water and stir into the berry mixture. Cook, stirring over heat, until the mixture thickens. Stir in the vanilla. Transfer to a 750ml (3-cup) ovenproof dish. Set aside for at least 1 hour to cool.

**2** Preheat oven to 190°C (fan-forced). Brush edge of dish with a little egg. Place pastry over the fruit, pressing down on edge of the plate

to seal. Using a small, sharp knife, trim excess pastry and make a small hole in the centre to help steam escape while cooking. Brush pastry with egg and sprinkle with extra sugar. Bake for 20-25 minutes or until golden brown. Dust with icing sugar, if you like. Serve.

### *Nutrition info*

**PER SERVE (with sugar)** 725kJ, **protein** 2g, **total fat** 2g (sat. fat 1g), **carbs** 31g, **fibre** 5g, **sodium** 64mg • **Carb exchanges** 2 • **GI estimate** low

**PER SERVE (with sugar substitute)** 617kJ, **protein** 2g, **total fat** 2g (sat. fat 1g), **carbs** 24g, **fibre** 5g, **sodium** 64mg • **Carb exchanges** 1½ • **GI estimate** low







## RHUBARB, ALMOND & APPLE PIES

**PREP** 20 MINS (+ 1 HOUR COOLING + 30 MINS CHILLING) **COOK** 35 MINS  
**SERVES** 8 (AS AN OCCASIONAL DESSERT)

½ bunch rhubarb, ends trimmed, cut into 4cm pieces  
2 large Granny Smith apples, quartered, cored, sliced  
2 Tbsp water  
2 Tbsp caster sugar or granulated sugar substitute  
Pinch ground cinnamon  
1 Tbsp almond meal  
60g egg, lightly whisked  
1 Tbsp flaked almonds  
1 tsp demerara or caster sugar

### PASTRY

120g (¾ cup) plain flour  
80g (½ cup) wholemeal plain flour  
2 Tbsp caster sugar or granulated sugar substitute  
80g light margarine  
3-4 Tbsp iced water

1 Put the rhubarb, apples, water, sugar and cinnamon in a medium saucepan. Cover and bring to a simmer over medium-high heat. Reduce heat to medium and cook, covered, for 8-10 minutes or until almost tender. Set aside in the pan for 20 minutes before transferring to a bowl. Set aside for 1 hour to cool.

2 Meanwhile, to make the pastry, combine the flours and sugar in a medium bowl. Add the margarine and, using your fingertips, rub in until well combined. Using a flat-bladed knife to stir, add just enough water to allow the mixture to start to come together. Using your hands, form a dough ball, then shape into a disc. Wrap in plastic wrap and put in the fridge for 30 minutes to chill.

3 Preheat oven to 190°C (fan-forced). Spray 8 x 80ml (1/3-cup) muffin holes with cooking spray. Roll out pastry between 2 sheets of lightly floured baking paper until about 2-3mm thick. Using a 9cm round cutter, cut out 8 circles and use to line muffin holes. Sprinkle almond meal over each pastry base. Divide rhubarb mixture evenly between muffin holes. Re-roll remaining pastry and use an 8cm fluted or round cutter to cut out 8 more circles. Brush each with a little of the egg and place, egg side down, over the tops of the filling (don't worry if tops don't completely cover).

4 Brush pastry tops with a little more egg and sprinkle flaked almonds over the top. Sprinkle with sugar, then bake for 20-25 minutes or until pastry is golden brown. Serve pies warm or at room temperature.

### Nutrition info

**PER SERVE (with sugar)** 905kJ, **protein** 4g, **total fat** 8g (sat. fat 1g), **carbs** 31g, **fibre** 3g, **sodium** 76mg • **Carb exchanges** 2 • **GI estimate** high

**PER SERVE (with sugar substitute)** 786kJ, **protein** 4g, **total fat** 8g (sat. fat 1g), **carbs** 23g, **fibre** 3g, **sodium** 76mg • **Carb exchanges** 1½ • **GI estimate** high





## CANNED APRICOT & CUSTARD PIES

**PREP** 10 MINS (+ 1 HOUR 45 MINS COOLING + CHILLING) **COOK** 1 HOUR 5 MINS **SERVES** 10 (AS A DESSERT)

3 Tbsp custard powder  
2 Tbsp caster sugar or granulated sugar substitute  
375ml (1½ cups) skim milk, plus 2 Tbsp extra  
1 sheet Pampas Light Shortcrust Pastry 25% Reduced Fat, thawed  
2 x 60g eggs, whisked  
1 tsp vanilla extract  
800g can apricot halves in natural juice, drained  
Pinch ground cinnamon

1 Combine the custard powder and sugar in a medium saucepan. Gradually whisk in the 375ml (1½ cups) milk. Cook over medium heat, stirring, for 4-5 minutes or until the mixture thickens and comes to a simmer. Simmer for 2 minutes.

Transfer to a large bowl and cover the top with plastic wrap. Set aside for 1 hour to cool.

2 Meanwhile, roll out pastry on a lightly floured surface until large enough to line a 20cm pie plate. Line plate. Trim and discard excess pastry. Using a fork, prick the base. Line the base with baking paper and baking beans or rice. Place in the fridge for 20 minutes to chill.

3 Preheat oven to 180°C (fan-forced). Place the pie plate on a baking tray. Bake for 15 minutes. Remove the pastry and beans or rice. Return to oven and bake for a further 5-10 minutes or until the pastry is just cooked through. Set aside to cool for 15 minutes.

4 Add the eggs, extra milk and vanilla extract to the cooled custard mixture and whisk until smooth. Carefully pour into the pie

shell. Arrange enough apricot halves over the top (skin side down) to cover the custard (you will have about 90g leftover, so keep for another use), slightly pushing fruit into the custard. Sprinkle over a little cinnamon.

5 Reduce oven temperature to 170°C (fan-forced). Bake pie for 35-40 minutes, or until the custard is set. Set aside to cool for 30 minutes before serving.

### Nutrition info

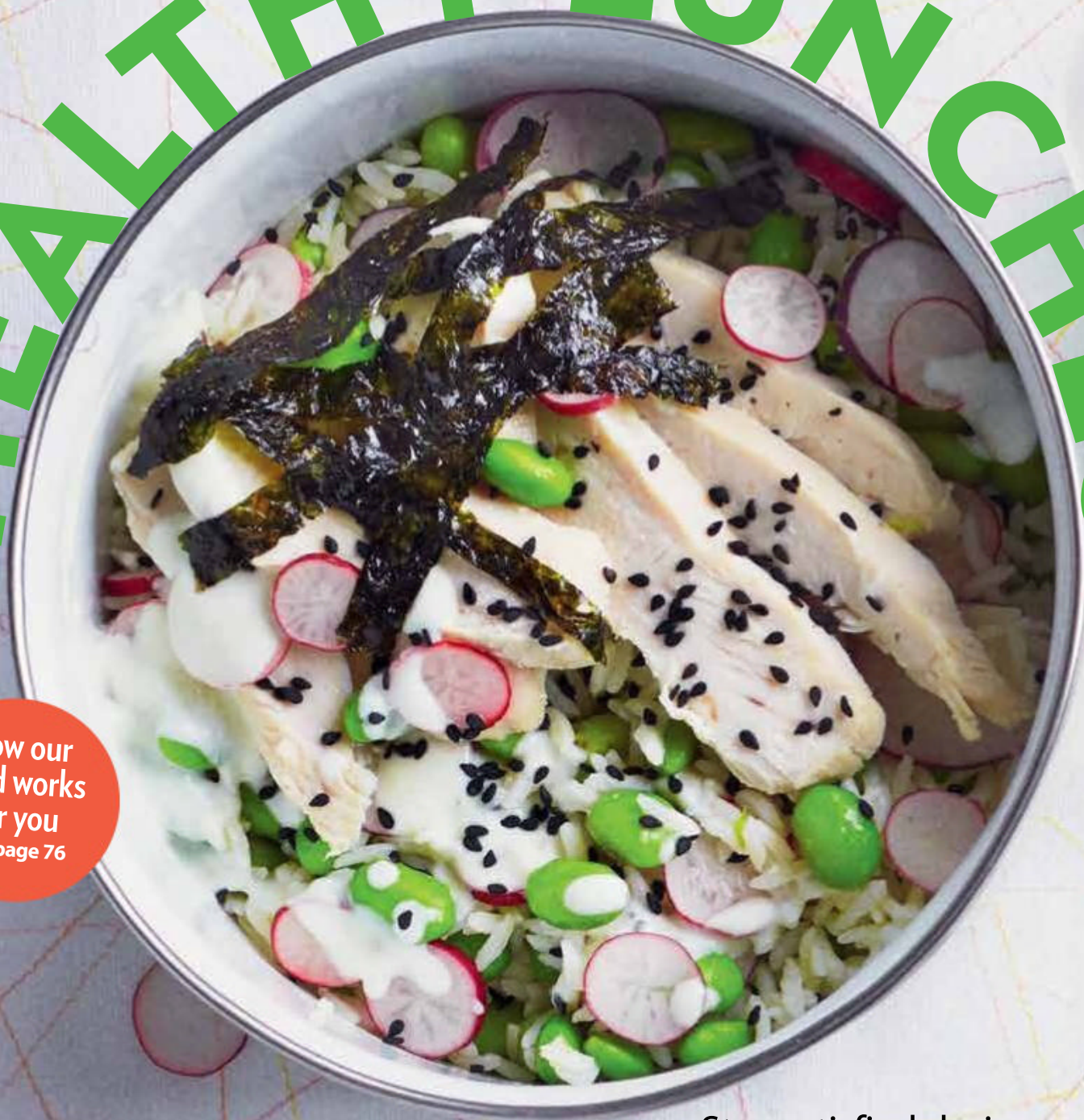
**PER SERVE (with sugar)** 536kJ, protein 5g, total fat 3g (sat. fat 1g), carbs 19g, fibre 2g, sodium 102mg • Carb exchanges 1½ • GI estimate low

**PER SERVE (with sugar substitute)** 489kJ, protein 5g, total fat 3g (sat. fat 1g), carbs 16g, fibre 2g, sodium 102mg • Carb exchanges 1 • GI estimate low ■



# HEALTHY LUNCHES

How our  
food works  
for you  
see page 76



Stay satisfied during your work day with these appetising, grown-up packed lunches

GFO LC

## WASABI CHICKEN RICE SALAD

**PREP** 15 MINS

**SERVES** 2 (AS A LIGHT MEAL)

70g frozen shelled edamame (soy beans)

½ tsp wasabi paste or gluten-free wasabi paste

2 Tbsp fat-free natural yoghurt

Juice of 1 lime

1 Tbsp sesame oil

70g cooked Sun Rice Doongara  
Clever Rice

3 radishes, trimmed, thinly sliced

1 tsp sesame seeds

100g cooked boneless, skinless  
chicken breast fillet, sliced

¼ sheet dried seaweed, sliced  
into thin strips

**1** Put the edamame in a heatproof bowl and cover with boiling water. Set aside for 10 minutes. Drain. Mix the wasabi paste, yoghurt, lime juice and sesame oil in a small bowl.

**2** Toss the rice, edamame and radishes in a serving bowl. Top with

the sesame seeds, chicken and seaweed. Drizzle over the wasabi dressing. Serve.

**HEALTH TIP** Try replacing the white rice with brown rice to boost the fibre and nutrient content!

### Nutrition info

**PER SERVE** 1240kJ, **protein** 22g, **total fat** 14g (sat. fat 2g), **carbs** 20g, **fibre** 3g, **sodium** 96mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



## light meals

GFO

### BOMBAY POTATO FRITTATA

**PREP** 15 MINS **COOK** 30 MINS  
**SERVES** 3 (AS A LIGHT MEAL)

- 4 Carisma potatoes, unpeeled, sliced into 5mm rounds
- 100g baby spinach leaves, chopped
- 1 Tbsp olive oil
- 1 brown onion, halved and sliced
- 1 large clove garlic, finely grated
- ½ tsp ground coriander
- ½ tsp ground cumin
- ¼ tsp black mustard seeds
- ¼ tsp ground turmeric
- 3 tomatoes, roughly chopped
- 2 x 60g eggs
- ½ green chilli, deseeded, finely chopped
- 1 small bunch coriander, finely chopped
- 1 Tbsp mango chutney or gluten-free chutney
- 3 Tbsp fat-free Greek natural yoghurt

**1** Cook the potatoes in a medium saucepan of boiling water for 6 minutes or until tender. Drain and set aside to steam-dry. Meanwhile, put the spinach in a heatproof bowl with 1 Tbsp water. Cover and microwave on High/100% for 2 minutes or until the spinach wilts.

**2** Heat the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring often, for 10 minutes or until the onion is golden and sticky. Stir in the garlic, ground coriander, cumin, mustard seeds and turmeric. Cook, stirring, for 1 minute. Add the tomatoes and wilted spinach. Cook, stirring, for a further 3 minutes. Stir in the potatoes.

**3** Preheat grill to medium. Lightly whisk the eggs, chilli and most of the fresh coriander in a bowl. Pour over the potato mixture. Place under the grill and cook for 4-5 minutes or until golden and just set, with a very slight wobble in the middle.

**4** Set the frittata aside to cool. Cut into wedges. Mix the mango chutney, yoghurt and remaining fresh coriander together in a bowl. Serve the frittata with the yoghurt mixture.

#### Nutrition info

**PER SERVE** 1190kJ, **protein** 15g, **total fat** 12g (sat. fat 2g), **carbs** 32g, **fibre** 9g, **sodium** 199mg • **Carb exchanges** 2 • **GI estimate** low  
• **Gluten-free option**





LC

## LIME PRAWN COCKTAIL PITA SALAD

**PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 2 (AS A LIGHT MEAL)

½ (50g) wholemeal pita  
2 tsp olive oil  
1 tsp Tabasco sauce  
1 tsp reduced-sugar, reduced-salt  
tomato sauce  
1 Tbsp 97% fat-free mayonnaise  
1 Tbsp fat-free natural yoghurt  
Zest and juice of ½ lime  
480g cooked king prawns, peeled  
and deveined  
1 Little Gem lettuce, leaves  
separated  
½ small Lebanese cucumber,  
peeled into ribbons  
6 cherry tomatoes, halved  
Freshly ground black pepper  
Lime wedges, to serve

**1** Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Cut the pita into triangles and place on the lined tray. Drizzle over the oil. Bake for 10-15 minutes until golden and crisp.

**2** Meanwhile, combine the Tabasco, tomato sauce, mayonnaise, yoghurt and lime zest and juice. Toss the prawns in the dressing.

**3** Layer the lettuce, cucumber, tomatoes and dressed prawns in a lunchbox or jar. Season with pepper. Top with the pita chips and serve with lime wedges.

### Nutrition info

**PER SERVE** 899kJ, **protein** 19g,  
**total fat** 6g (sat. fat 1g), **carbs** 18g,  
**fibre** 5g, **sodium** 596mg • **Carb**  
**exchanges** 1 • **GI estimate** high  
• **Lower carb** ■







Lamb &  
Guinness skewers  
*Recipe, page 36*



# TO DAD

## *with love*

How our  
food works  
for you  
see page 76

Serve up these hearty dishes for Dad  
for a Fathers Day picnic to remember

Chicken meatballs with  
spicy tomato sauce  
*Recipe, page 36*





## celebration

LC

### LAMB & GUINNESS SKEWERS

**PREP** 20 MINS (+ 4 HOURS OR OVERNIGHT MARINATING)

**COOK** 10 MINS **SERVES** 8 (AS A STARTER)

500g lean lamb leg steaks, trimmed of fat, cut into 2.5cm chunks  
440ml can Guinness  
3 tsp Dijon mustard  
3 cloves garlic, crushed  
1½ Tbsp finely chopped rosemary leaves  
Freshly ground black pepper  
1 red capsicum, cut into 8 pieces  
2 zucchini, each cut into 4 pieces  
4 small yellow squash, halved  
1 red onion, cut into 8 wedges

**1** Put the lamb in a shallow dish or airtight container. Put the Guinness, mustard, garlic and rosemary in a medium bowl. Season with pepper. Whisk to combine. Pour the Guinness mixture over lamb. Cover and put in the fridge for at least 4 hours, or overnight, to marinate.

**2** Drain the meat from the marinade, returning rosemary to meat. Discard marinade. Alternately thread lamb, capsicum, zucchini, squash and onion between 8 bamboo (see Cook's tips) skewers.

**3** Preheat a barbecue plate or grill to medium. Spray skewers with cooking spray. Place skewers on the barbecue and cook, turning

occasionally, for 7-8 minutes or until cooked to your liking.

#### Nutrition info

**PER SERVE** 483kJ, **protein** 15g, **total fat** 3g (sat. fat 1g), **carbs** 4g, **fibre** 2g, **sodium** 90mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

#### COOK'S TIPS

- Use trimmed rump steak instead of lamb
- You can replace the Guinness with a beer of your choice
- Soak the bamboo skewers in cold water for 20 minutes before using to prevent them burning.

GFO LC

### CHICKEN MEATBALLS WITH SPICY TOMATO SAUCE

**PREP** 15 MINS (+ 2 HOURS CHILLING)

**COOK** 40 MINS **MAKES** 24 (3 PER SERVE AS A STARTER)

350g lean chicken breast mince  
90g (1 cup) fresh breadcrumbs, made from wholemeal grain bread or from gluten-free bread  
1 egg yolk (from 60g egg)  
1 clove garlic, crushed  
¼ cup finely chopped basil  
Freshly ground black pepper

#### SPICY TOMATO SAUCE

1 tsp olive oil  
1 small brown onion, finely chopped  
2 small fresh red chillies, finely chopped  
2 cloves garlic, crushed  
810g can no-added-salt chopped tomatoes  
60ml (¼ cup) water  
1 tsp caster sugar

**1** Spicy tomato sauce: Heat the oil in a medium saucepan over medium heat. Add the onion, chilli and garlic. Stir to combine. Reduce heat to medium-low and cook, uncovered, stirring occasionally, for 7 minutes or until the onion softens. Add the tomato and water. Increase heat to high and bring to the boil. Reduce heat to medium and simmer, uncovered, stirring occasionally, for 20 minutes or until sauce reduces and thickens. Stir in the sugar. Remove the pan from heat and set aside to cool slightly. Transfer sauce to a small bowl. Cover and put in the fridge for at least 2 hours, or until well chilled.

**2** Chicken meatballs: Put the chicken mince, breadcrumbs, egg yolk, garlic and basil in a medium bowl. Season with pepper and mix well. Shape tablespoonsful of mixture into balls to make 24 meatballs.

**3** Spray a barbecue plate with cooking spray. Heat on medium. Add the meatballs and use a flat spatula to flatten slightly. Cook, turning once, for 7-8 minutes or until cooked through.

**4** Serve the meatballs with half of the tomato sauce, reserving remainder for steak sandwiches. Accompany with toothpicks.

#### Nutrition info

**PER SERVE** 393kJ, **protein** 10g, **total fat** 1g (sat. fat 0g), **carbs** 9g, **fibre** 1g, **sodium** 78mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

#### Cook's Tip

Replace the chicken mince with lean lamb, beef or pork mince and the basil with continental parsley.



### HEALTH TIP

To lower the glycemic index and carbohydrate load of this meal, try serving on small individual multigrain rolls.

The ultimate  
steak sandwich  
*Recipe, page 40*





**celebration**



**Passionfruit and  
custard slice**  
*Recipe, page 41*



*Skip the alcohol and **serve up** this  
refreshing homemade cordial*

Lemon and  
ginger cordial  
*Recipe, page 41*





# BBQ AWAY FROM HOME?

## WHEN TO PREPARE AND HOW TO PACK UP YOUR FOOD.

### CHICKEN MEATBALLS WITH SPICY TOMATO SAUCE

**Up to 2 days ahead:**  
Make the tomato  
sauce and keep in an  
airtight container in  
the fridge

**Up to 1 day ahead:**  
Make the meatballs,  
then layer between  
sheets of greaseproof  
paper in an airtight  
container. Keep in the  
fridge.

### PASSIONFRUIT AND CUSTARD SLICE

**Up to 1 day ahead:**  
Make the slice and  
keep in an airtight  
container in the  
fridge.

### LAMB AND GUINNESS SKEWERS

**Up to 1 day ahead:**  
Marinate and  
assemble the  
skewers. Keep in an  
airtight container in  
the fridge.

### LEMON AND GINGER CORDIAL

**Up to 1 day ahead:**  
Make the cordial and  
keep in fridge.

**In the morning:** Put  
the mint leaves in a  
small airtight  
container.

**Just before you  
leave:** Pack the ice  
cubes in the Esky.  
When you're ready  
to set off, pack  
everything into the  
Esky. Don't forget the  
toothpicks for the  
meatballs and the  
mineral water for the  
cordial.

### THE ULTIMATE STEAK SANDWICH

**Up to 1 day ahead:**  
Slice the steak and  
put in a resealable  
plastic bag. Keep in  
the fridge.

**In the morning:**  
Combine the oil and  
the onion and put  
in an airtight  
container. Keep in  
the fridge.

◆ Slice the bread  
and return to the  
original bag.

◆ Put the tomato  
sauce, shredded  
lettuce, tomato  
slices, beetroot and  
cucumber ribbons  
in separate airtight  
containers. Keep in  
the fridge.

GFO

## THE ULTIMATE STEAK SANDWICH

**PREP** 20 MINS **COOK** 30 MINS  
**SERVES** 8 (AS A MAIN)

- 1 tsp olive oil
- 2 large brown onions, halved,  
thinly sliced
- 600g lean rump steak, trimmed of  
fat, cut through centre to form  
thin steaks
- Freshly ground black pepper
- 2 x 400g packets Turkish bread or  
gluten-free bread
- ½ quantity spicy tomato sauce  
(from Chicken meatballs and  
spicy tomato sauce recipe, page  
38)
- 2½ cups finely shredded iceberg  
lettuce
- 2 large tomatoes, sliced

- 2 small Lebanese cucumbers,  
peeled into long ribbons
- 24 slices drained canned beetroot

**1** Preheat a barbecue plate to  
medium. Put the oil and onion in a  
small bowl and toss to coat. Transfer  
the onion to the barbecue plate and  
reduce heat to low. Cook, stirring  
occasionally, for 25-30 minutes or  
until the onion is very tender.  
Transfer to a plate.

**2** Meanwhile, preheat a barbecue  
grill to medium-high. Spray each  
side of the steaks with the cooking  
spray. Season with pepper. Place the  
steaks on the barbecue grill and  
cook for 1 minute on each side, for  
medium, or until cooked to your  
liking. Transfer to a large plate. Cover

loosely with foil and set aside for  
2-3 minutes to rest.

**3** Slice each piece of Turkish bread in  
half through the centre. Spread the  
cut side of each base with spicy  
tomato sauce. Top each with lettuce,  
tomato, cucumber, beetroot, steak  
and onion. Top each with a  
remaining half of bread.

**4** Cut each into 4 pieces to make 8  
steak sandwiches, then serve.

### Nutrition info

**PER SERVE** 1700kJ, **protein** 25g,  
**total fat** 6g (sat. fat 1g), **carbs** 58g,  
fibre 9g, **sodium** 740mg • **Carb**  
**exchanges** 4 • **GI estimate** high  
• **Gluten-free option**



*Everything's designed to be prepped ahead of time and easily transported. Enjoy your picnic!*

GFO

### PASSIONFRUIT AND CUSTARD SLICE

**PREP** 15 MINS (+ 30 MINS COOLING/4 HOURS SETTING) **COOK** 20 MINS  
**SERVES** 12 (AS A DESSERT)

1 sheet frozen ready-rolled, 25% reduced-fat puff pastry or gluten-free pastry, thawed  
125ml (½ cup) cold water  
1½ Tbsp powdered gelatine  
70g (½ cup) custard powder or gluten-free custard powder  
1L (4 cups) skim milk  
80g (⅓ cup) caster sugar or ⅓ cup granulated sugar substitute  
250ml (1 cup) fresh passionfruit pulp

1 Preheat oven to 180°C (fan-forced). Cut a 5cm strip off one edge of the sheet of pastry. Line a 4cm-deep 16cm x 26cm slab pan (base measurement) with pastry, allowing the pastry to come up the sides slightly (to allow for shrinkage while the pastry cooks). Using a fork, prick the pastry. Line pastry with baking paper, then fill with raw rice or pastry weights. Blind-bake for 15 minutes. Remove baking paper and rice or weights and bake for a further 5 minutes or until the pastry is light golden. Set aside to cool. Remove the pastry from the pan and line the base with baking paper, allowing the paper to overhang the sides. Return the pastry base to the pan.

2 Meanwhile, put the water in a small bowl. Sprinkle the gelatine over. Stir. Set aside for 10 minutes.

3 Put the custard powder in a medium saucepan. Gradually whisk in the milk. Cook, stirring, over a medium heat until the custard comes to a simmer and thickens. Stir in the gelatine mixture and sugar and cook over a low heat until the sugar has dissolved. Remove the pan from the heat.

4 Pour the custard through a sieve into a large bowl. Cover surface of custard with plastic wrap. Set aside for 30 minutes to cool. Pour the custard over the pastry base. Drizzle the passionfruit pulp over the custard. Using a skewer, swirl the passionfruit through the custard. Put in the fridge for 4 hours or until set.

5 Using the baking paper, lift up the slice and remove from the pan. Cut into 12 pieces to serve.

### Nutrition info

**PER SERVE** (with sugar) 558kJ, protein 6g, total fat 1g (sat. fat 1g), carbs 22g, fibre 4g, sodium 104mg • Carb exchanges 1½ • GI estimate low • Gluten-free option

GFO

**PER SERVE** (with sugar substitute) 462kJ, protein 6g, total fat 1g (sat. fat 1g), carbs 16g, fibre 4g, sodium 104mg • Carb exchanges 1 • GI estimate low • Gluten-free option

GF LC

### LEMON AND GINGER CORDIAL

**PREP** 10 MINS (+ 30 MINS STANDING/4 HOURS CHILLING) **COOK** 5 MINS  
**SERVES** 12 (AS A DRINK)

250ml (1 cup) fresh lemon juice  
125ml (½ cup) water  
4cm piece ginger, unpeeled, thinly sliced  
60g (¼ cup) caster sugar or ¼ cup granulated sugar substitute  
Chilled mineral water, to serve  
Fresh mint leaves, to serve  
Ice cubes, to serve

1 Put the lemon juice, water, ginger and sugar in a small saucepan. Stir over a low heat until sugar dissolves. Increase heat to high and bring to the boil.

2 Remove the pan from the heat. Cover and set aside for 30 minutes to allow ginger to infuse. Drain, discarding the ginger. Transfer the cordial to a bottle with a lid. Put in the fridge for 4 hours to chill.

3 Pour 1½ tablespoons of cordial into each glass. Top up with mineral water, mint leaves and ice cubes to serve.

**COOK'S TIP** You'll need 3-4 lemons to make 250ml (1 cup) lemon juice.

### Nutrition info

**PER SERVE** (with sugar) 108kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 5g, fibre 0g, sodium 9mg • Carb exchanges ½ • GI estimate medium • Gluten free • Lower carb

GF LC

**PER SERVE** (with sugar substitute) 36kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 1g, fibre 0g, sodium 10mg • Carb exchanges 0 • GI estimate n/a • Gluten free • Lower carb ■



# *TIME FOR A* **SNACK**

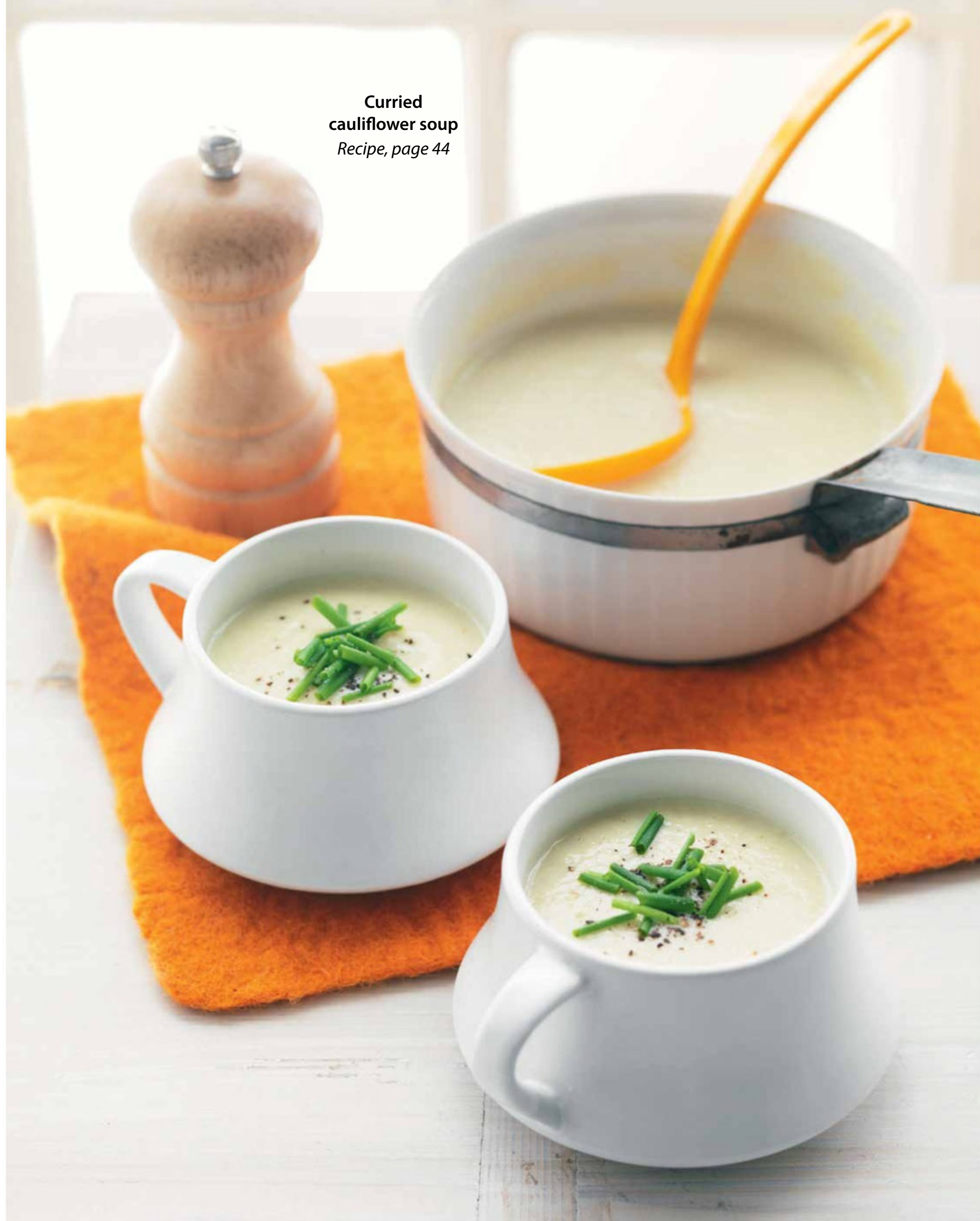
Snackers rejoice! These in-between mouthfuls will get you through to your next meal without visiting the vending machine...

**Balsamic mushrooms  
with rocket & ricotta**  
*Recipe, page 44*

How our  
food works  
for you  
see page 76



**Curried  
cauliflower soup**  
*Recipe, page 44*





## snacks

GF0 LC

### BALSAMIC MUSHROOMS WITH ROCKET & RICOTTA

**PREP** 5 MINS **SERVES** 1 (AS A SNACK)

- 2 tsp balsamic vinegar
  - ½ tsp extra virgin olive oil
  - ½ tsp Dijon mustard or gluten-free Dijon mustard
  - Freshly ground black pepper
  - 4 button mushrooms, quartered
  - 15g baby rocket leaves
  - ⅓ cup small basil leaves
  - 20g reduced-fat fresh ricotta
- 1 Put the vinegar, oil and mustard in a small bowl. Season with pepper. Add the mushrooms and toss to coat. Set aside for 5 minutes.
  - 2 Add the rocket and basil leaves to the mushrooms. Toss to combine.
  - 3 Top with the ricotta to serve.

**COOK'S TIP** For a variation, replace the balsamic vinegar with red wine vinegar, the Dijon mustard with wholegrain mustard and the rocket with mixed salad or baby spinach leaves.

#### Nutrition info

**PER SERVE** 296kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 3g, **fibre** 3g, **sodium** 99mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten-free option** • **Lower carb**

GF0 LC

### CURRIED CAULIFLOWER SOUP

**PREP** 5 MINS **COOK** 25 MINS **SERVES** 4 (AS A SNACK)

- 1 tsp extra virgin olive oil
  - 1 small brown onion, finely chopped
  - ½-1 tsp curry powder or gluten-free curry powder, to taste
  - 500g frozen or fresh cauliflower florets
  - 375ml (1½ cups) skim milk
  - 185ml (¾ cup) water
  - Chopped chives, to serve
  - Freshly ground black pepper, to serve
- 1 Heat the oil in a medium saucepan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until the onion softens. Add the curry powder. Cook, stirring, for 1 minute.
  - 2 Add the cauliflower, milk and water to the pan. Cover and bring to a simmer. Reduce heat to low. Cook, partially covered, for 10 minutes or until the cauliflower is tender. Set aside for 10 minutes to cool.
  - 3 Put the mixture in a small food processor, or use a handheld blender. Process until smooth. Return to pan. Cook, stirring, over low heat until warmed through.
  - 4 Divide the soup between bowls. Sprinkle with chives and pepper to serve.

#### Nutrition info

**PER SERVE** 351kJ, **protein** 6g, **total fat** 1g (sat. fat 0g), **carbs** 11g, **fibre** 2g, **sodium** 89mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GF LC

### BEAN & CORIANDER MIX

**PREP** 5 MINS **SERVES** 1 (AS A SNACK)

- 125g can four-bean mix, rinsed, drained
  - 6 cherry tomatoes, chopped
  - ¼ cup alfalfa sprouts
  - ¼ cup coriander leaves, roughly chopped
  - 2 tsp fresh lime or lemon juice
  - Freshly ground black pepper, to serve
  - Lemon or lime wedges, to serve
- 1 Put the four-bean mix, tomato, alfalfa sprouts, coriander and lime juice in a small bowl. Toss to combine.
  - 2 Season the bean mix with pepper to serve. Serve with lemon wedges for squeezing over.

#### Nutrition info

**PER SERVE** 347kJ, **protein** 6g, **total fat** 1g (sat. fat 1g), **carbs** 10g, **fibre** 8g, **sodium** 158mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

#### Cook's Tip

For a variation, replace the coriander with parsley and the four-bean mix with a 125g can chickpeas.





**Bean & coriander mix**  
*Recipe, page 44*



## snacks



### Cook's Tip

For a variation, replace the cream cheese with low-fat ricotta or mashed avocado.

GFO

### CREAM CHEESE & CUCUMBER CRACKERS

**PREP** 5 MINS **SERVES** 2 (AS A SNACK)

- 4 Original Ryvita Crispbreads or gluten-free crispbreads
- 3 Tbsp extra-light cream cheese
- 1 tomato, sliced, halved crossways
- 1 Lebanese cucumber, peeled into long ribbons
- 20g snow pea sprouts, trimmed
- Freshly ground black pepper

1 Spread the crispbreads with the cream cheese. Top with the tomato, cucumber and snow pea sprouts.

2 Sprinkle with pepper to serve.

### Nutrition info

**PER SERVE** 533kJ, **protein** 7g, **total fat** 2g (sat. fat 1g), **carbs** 19g, **fibre** 5g, **sodium** 169mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option**

### APPLE, CRANBERRY & COCONUT OAT BISCUITS

**PREP** 10 MINS **COOK** 25 MINS

**MAKES** 16 (2 PER SERVE: AS A SNACK)

- 90g (1 cup) rolled oats
- 40g (1 cup) Kellogg's Special K, roughly crushed
- 40g (¼ cup) Ocean Spray 50% less sugar raisins, finely chopped
- 25g (⅓ cup) shredded coconut
- 60g egg, lightly whisked
- 140g tub unsweetened apple purée
- 2 Tbsp golden syrup

1 Preheat oven to 160°C (fan-forced). Line 2 baking trays with baking paper.

2 Put the oats, cereal, cranberries and coconut in a medium bowl. Stir well. Put the egg, apple purée and golden syrup in a small bowl. Whisk to combine.

3 Add the egg mixture to the oat mixture. Mix until well combined. Set aside for 10 minutes to allow the mixture to soften.

4 Shape tablespoonsful of the mixture into balls and put on the trays. Press down to form very thin rounds. Bake for 20-25 minutes or until the biscuits are golden brown. Set aside on the trays for 5 minutes. Transfer to a wire rack to cool completely.

**COOK'S TIP** These biscuits will keep in an airtight container for up to 4 days.

### Nutrition info

**PER SERVE** 563kJ, **protein** 3g, **total fat** 4g (sat. fat 2g), **carbs** 20g, **fibre** 4g, **sodium** 41mg • **Carb exchanges** 1½ • **GI estimate** low









### *Cook's Tip*

These muffins will keep in an airtight container for up to 3 days. Or, wrap in serves (2 muffins) in plastic wrap, then put in a large resealable freezer bag. Freeze for up to 3 months.



## BLUEBERRY & CHOC CHIP MINI MUFFINS

**PREP** 10 MINS **COOK** 15 MINS  
**MAKES** 24 (2 PER SERVE: AS A SNACK)

80g (½ cup) wholemeal self-raising flour  
40g (¼ cup) rice flour  
40g (¼ cup) self-raising flour  
2 Tbsp caster sugar or 2 tablespoons granulated sugar substitute  
140g tub unsweetened strawberry and apple purée  
60g egg, lightly whisked  
80ml (⅓ cup) skim milk  
1 tsp vanilla essence  
80g (½ cup) frozen or fresh blueberries  
45g (¼ cup) milk choc chips

**1** Preheat oven to 180°C (fan-forced). Line 24 x 30ml (1½-tablespoon) muffin-pan holes with paper cases. Spray cases with cooking spray.

**2** Put the flours and sugar in a large bowl. Stir well to combine. Put the purée, egg, milk and vanilla essence in a small bowl. Whisk to combine.

**3** Add the purée mixture to the flour mixture. Add the blueberries and choc chips. Using a wooden spoon, mix until just combined. Spoon the mixture into the paper cases.

**4** Bake muffins for 12-15 minutes or until a skewer inserted in the centre comes out clean. Transfer to a wire rack to cool.

### Nutrition info

**PER SERVE** (with sugar) 408kJ, **protein** 2g, **total fat** 2g (sat. fat 1g), **carbs** 17g, **fibre** 1g, **sodium** 80mg • **Carb exchanges** 1 • **GI estimate** high

**PER SERVE** (with sugar substitute) 368kJ, **protein** 2g, **total fat** 2g (sat. fat 1g), **carbs** 15g, **fibre** 1g, **sodium** 80mg • **Carb exchanges** 1 • **GI estimate** high



GFO LC

## CURRIED TUNA BITES

**PREP** 10 MINS **SERVES** 2 (AS A SNACK)

1 large Lebanese cucumber  
95g can tuna in springwater, drained  
1 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise  
1 Tbsp shredded continental parsley leaves  
¼ tsp curry powder or gluten-free curry powder  
1 green shallot, thinly sliced diagonally  
Freshly ground black pepper  
Lemon wedges, to serve (optional)

**1** Cut the cucumber in half lengthways. Using a small spoon,

scoop the seeds out of the cucumber.

**2** Put the tuna in a small bowl, then flake with a fork. Add the mayonnaise, parsley, curry powder and shallot. Season with pepper. Stir well to combine.

**3** Spoon the tuna mixture into the cucumber halves. Cut crosswise into halves to serve. Accompany with lemon wedges, if you like.

### Nutrition info

**PER SERVE** 333kJ, **protein** 12g, **total fat** 1g (sat. fat 0g), **carbs** 5g, **fibre** 1g, **sodium** 197mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb** ■





How our  
food works  
for you  
see page 76

# FRY TIME!

Whether it's a new toy or you're an air fryer veteran,  
these meals will put that appliance to good use!

Loaded Greek  
feta fries  
*Recipe, page 53*



GFO

## GREEK TURKEY BURGERS

**PREP** 15 MINS **COOK** 15 MINS

**SERVES** 2 (AS A MAIN)

250g turkey breast mince  
1½ Tbsp extra virgin olive oil  
2 tsp chopped oregano  
Pinch chilli flakes  
2 cloves garlic, grated  
½ cup baby spinach leaves  
¼ cup thinly sliced red onion  
2 tsp red wine vinegar  
40g reduced-fat feta, crumbled  
2 wholemeal burger buns  
or gluten-free buns, split  
and toasted

**1** Preheat an air fryer to 180°C. Lightly coat the fryer basket with cooking spray.

**2** Combine the turkey mince, oil, oregano, chilli flakes and garlic in a bowl. Form the mixture into 2 (1.25cm-thick) patties and transfer to the prepared fryer basket. Cook, for 13-15 minutes, turning over halfway through cooking, or until cooked through.

**3** Toss together the spinach, onion and vinegar in a bowl. Divide the feta among the tops and bottoms of buns. Transfer the patties to the bottom buns. Top with the spinach mixture and bun tops. Serve.

### *Nutrition info*

**PER SERVE** 2150kJ, **protein** 42g, **total fat** 21g (sat. fat 6g), **carbs** 33g, **fibre** 7g, **sodium** 722mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**





## quick meals

GFO LC

### SALMON WITH HORSERADISH RUB

PREP 10 MINS COOK 15 MINS  
SERVES 2 (AS A MAIN)

1 x 375g piece skinless salmon  
fillet (about 2.5cm thick)  
¼ tsp freshly ground black pepper  
1 Tbsp horseradish cream or  
gluten-free horseradish cream  
1 Tbsp finely chopped flat-leaf  
parsley  
1 Tbsp finely chopped capers  
1 Tbsp extra virgin olive oil  
200g red and yellow grape  
tomatoes, halved, to serve

60g rocket, to serve  
½ lemon, cut into wedges,  
to serve

**1** Preheat an air fryer to 190°C. Coat the fryer basket with cooking spray.

**2** Sprinkle the salmon with pepper. Stir together the horseradish cream, parsley, capers and oil in a small bowl. Spread the horseradish mixture over the salmon. Coat with the cooking spray.

**3** Transfer the salmon to the prepared basket. Cook for about 15 minutes, or until the salmon is just cooked through (leaving it a little pink in the middle). Set aside for 5 minutes to rest.

#### *Nutrition info*

**PER SERVE** 2120kJ, **protein** 42g,  
**total fat** 35g (sat. fat 9g), **carbs** 7g,  
**fibre** 3g, **sodium** 587mg

• **Carb exchanges** ½ • **GI**  
**estimate** low • **Gluten-free**  
**option** • **Lower carb**

#### **HEALTH TIP**

To boost the fibre of this meal  
serve with extra salad or  
steamed green vegetables.







## LOADED GREEK FETA FRIES

**PREP** 10 MINS **COOK** 35 MINS

**SERVES** 2 (AS A LIGHT MEAL)

200g Sebago (brushed) potatoes, scrubbed and dried  
1 Tbsp olive oil  
2 tsp lemon zest  
½ tsp dried oregano  
¼ tsp garlic powder  
¼ tsp onion powder  
¼ tsp paprika  
¼ tsp freshly ground black pepper  
80g reduced-fat feta, crumbled  
60g shredded cooked skinless chicken breast  
¼ cup purchased tzatziki  
1 egg tomato, deseeded, finely chopped  
2 Tbsp chopped red onion  
1 Tbsp chopped flat-leaf parsley and/or oregano

1 Preheat an air fryer to 190°C. Spray the fryer basket with cooking spray.

2 Cut each potato lengthways into 5mm-thick slices. Cut each slice into 5mm-thick fries. Toss together the potatoes and oil in a large bowl. Sprinkle with lemon zest, oregano, garlic powder, onion powder, paprika and pepper. Toss to coat.

3 Arrange half of potatoes in the prepared fryer basket. Cook for 15 minutes, turning over halfway through, until crisp. Transfer the potatoes to a plate. Repeat with the remaining potatoes.

4 Return first batch to fryer basket and cook for 1-2 minutes or until warmed through. Place fries on a serving platter. Top with the feta, chicken, tzatziki, onion and herbs.

### Nutrition info

**PER SERVE** 1440kJ, **protein** 24g, **total fat** 19g (sat. fat 6g), **carbs** 19g, **fibre** 4g, **sodium** 580mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**



## TURKEY STUFFED CAPSICUMS

**PREP** 15 MINS **COOK** 10 MINS

**SERVES** 3 (AS A MAIN MEAL)

3 red capsicums  
1 Tbsp olive oil  
375g turkey breast mince  
½ cup cooked brown rice  
35g (¼ cup) panko breadcrumbs or gluten-free breadcrumbs  
185ml (¾ cup) Barilla Basilico Pasta sauce  
3 Tbsp finely chopped flat-leaf parsley  
¼ tsp freshly ground black pepper  
30g (¼ cup) grated parmesan  
30g (¼ cup) grated mozzarella  
60g mixed salad leaves, to serve

1 Cut off and reserve the tops of capsicums. Remove the seeds from the centre of the capsicum.

2 Heat the oil in a large non-stick frying pan over medium-high heat. Add the turkey mince and cook,

stirring often to break up the lumps, for 4 minutes or until browned. Stir in the rice and panko crumbs. Cook, stirring occasionally, for 1 minute or until warmed through. Remove the pan from heat and stir in the sauce, parsley, pepper, and parmesan. Divide the mixture evenly between the capsicums.

3 Preheat an air fryer to 180°C. Spray the fryer basket with cooking spray.

4 Arrange the capsicum in the prepared basket, nestling reserved capsicum tops among them. Cook for 8 minutes or until tender. Sprinkle with the mozzarella and cook for a further 2 minutes or until the cheese melts. Serve with the salad leaves.

### Nutrition info

**PER SERVE** 1950kJ, **protein** 44g, **total fat** 16g (sat. fat 6g), **carbs** 33g, **fibre** 7g, **sodium** 488mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**





### HEALTH TIP

For a lower salt (sodium) meal, try replacing the pink salmon with tuna canned in spring water.

GFO LC

## SALMON CAKES

**PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

415g can pink salmon, drained, skin and bones removed  
75g (½ cup) panko breadcrumbs or gluten-free breadcrumbs  
2 Tbsp chopped dill  
2 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise  
2 tsp Dijon mustard or gluten-free mustard  
¼ tsp freshly ground black pepper  
60g egg, lightly whisked  
2 lemon wedges, to serve

### SALAD

2 cups rocket leaves  
100g cherry tomatoes, halved  
1 large carrot, peeled into ribbons

1 small yellow capsicum, cut into strips  
Squeeze of fresh lemon juice

**1** Preheat an air fryer to 200°C. Coat the fryer basket with cooking spray.

**2** Add the salmon, panko crumbs, dill, mayonnaise, mustard, pepper and egg to a bowl. Stir gently until combined. Shape the mixture into four 7.5cm diameter patties.

**3** Coat the patties with cooking spray and transfer to prepared basket. Cook for 12 minutes or until browned.

**4** To make salad, toss all ingredients together.

**5** Serve the cakes with the salad and with lemon wedges.

### Nutrition info

**PER SERVE** 1210kJ, **protein** 28g, **total fat** 9g (sat. fat 2g), **carbs** 23g, **fibre** 5g, **sodium** 658mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**





LC

**SPANAKOPITA BITES****PREP** 25 MINS **COOK** 25 MINS  
**SERVES** 8 (AS A SNACK)

280g baby spinach leaves  
2 Tbsp water  
¼ cup cottage cheese  
40g reduced-fat feta, crumbled  
2 Tbsp finely grated parmesan  
1 egg white (from 60g egg)  
1 tsp lemon zest  
1 tsp dried oregano  
¼ tsp freshly ground black pepper  
Pinch cayenne pepper  
4 sheets filo pastry  
1 Tbsp olive oil

**1** Add the spinach and the water to a large saucepan. Cook, stirring often, over high heat for 5 minutes or until the spinach wilts. Drain and set aside to cool for 10 minutes.

Press firmly on the spinach with paper towel to remove as much moisture as possible.

**2** Combine the spinach, cottage cheese, feta, parmesan, egg white, zest, oregano, black pepper and cayenne in a large bowl.

**3** Put 1 filo sheet on a work surface and brush lightly with oil. Top with a second sheet of filo and brush with oil. Continue layering to form a stack of 4 oiled sheets. Working from the long side, cut the stack of filo sheets into eight 13cm-wide strips. Cut strips in half crosswise to form 16 (13cm wide) strips. Spoon about 1 Tbsp filling onto 1 short end of each strip. Fold 1 corner over filling to create a triangle; continue folding back and forth

to end of strip, creating a triangle-shaped filo packet.

**4** Preheat an air fryer to 190°C. Lightly coat fryer basket with cooking spray.

**5** Arrange 8 packets, seam sides down, in basket and lightly spray with cooking spray. Cook for 12 minutes, turning packets over halfway through, until the filo is deep golden brown and crispy. Repeat with remaining packets.

***Nutrition info***

**PER SERVE** 345kJ, **protein** 6g, **total fat** g (sat. fat 2g), **carbs** 4g, **fibre** 1g, **sodium** 190mg • **Carb exchanges** ½ • **GI estimate** medium • **Lower carb** ■



# 3 RECIPES FOR BETTER SLEEP

How our food works for you  
see page 76

Not a great sleeper? These key ingredients will set you up for a more restful night sleep. Nighty night...

Fermented foods such as kimchi help promote good gut bacteria, which support the sleep hormone, melatonin.

GFO

## KIMCHI FRIED RICE

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A MAIN)

1½ Tbsp olive oil  
1 clove garlic, sliced  
4cm piece ginger, grated  
1 bunch broccolini, chopped  
4 green shallots, thinly sliced  
50g kimchi  
200g cooked Doongara Low Gi Brown Rice  
2 carrots, peeled into ribbons  
2 x 60g eggs  
Freshly ground black pepper  
1 lime, ½ juiced, ½ cut into wedges, to serve  
Handful coriander leaves  
Hot sauce or gluten-free sauce, to serve (optional)

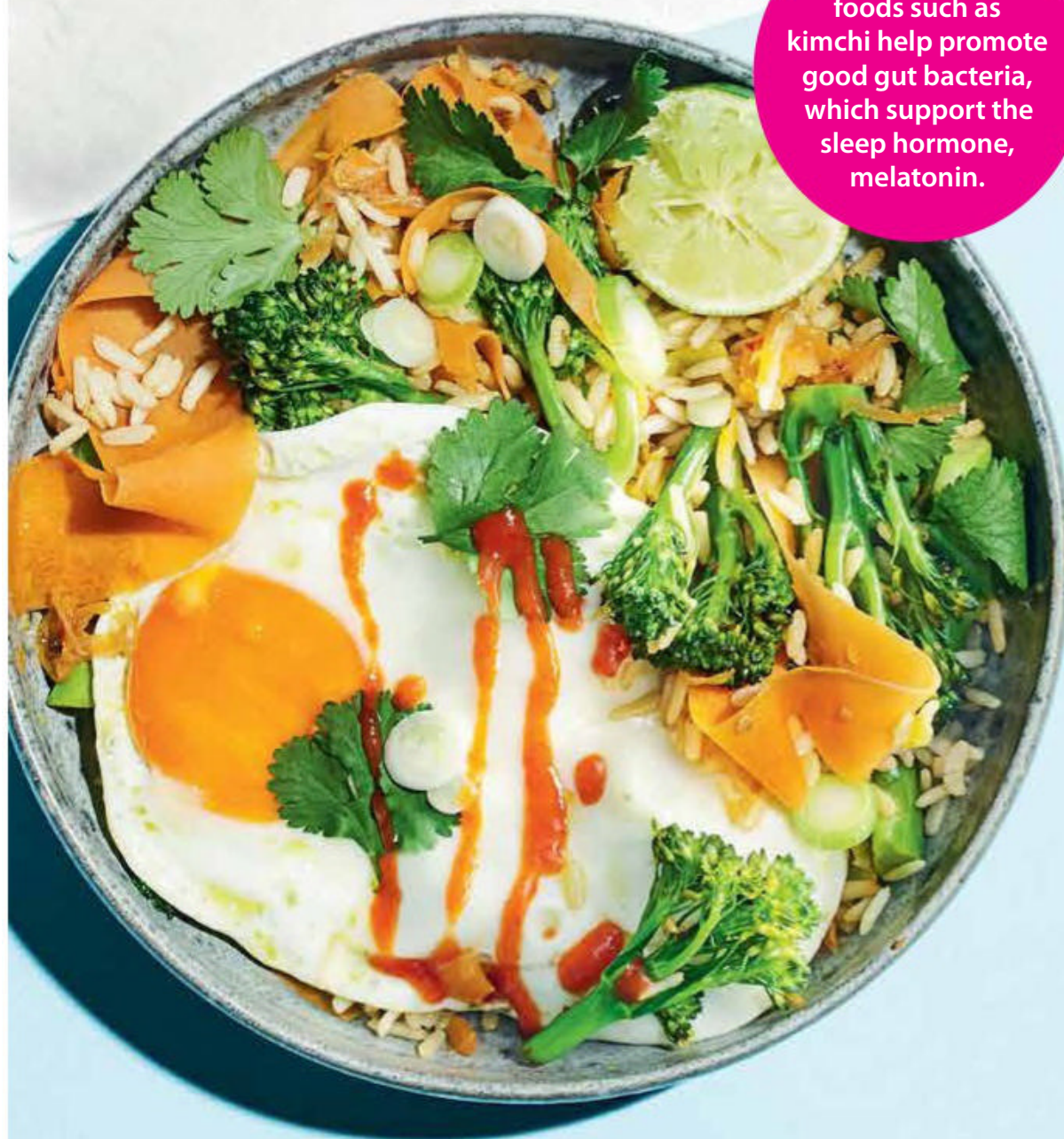
**1** Heat 1 tablespoon of the oil in a large non-stick frying pan over medium-high heat. Add the garlic, ginger, broccolini and half the green shallots. Cook, stirring often, for 5-7 minutes or until softened. Add the kimchi and cook, stirring, for 2 minutes.

**2** Add the rice to the pan and cook, breaking it up with the back of a spoon. Stir in the carrot. Cook, tossing, for 1 minute or until heated through. Push all the food to one side of the pan. Pour the remaining oil into the empty part of the frying pan. Crack in the eggs and fry to your liking. Season with pepper.

**3** Drizzle the lime juice over the rice and eggs. Scoop the rice into serving bowls. Top with the egg, coriander leaves, remaining green shallots and hot sauce, if using. Serve with the lime wedges.

## Nutrition info

**PER SERVE** 2010kJ, **protein** 17g, **total fat** 21g (sat. fat 4g), **carbs** 50g, **fibre** 12g, **sodium** 560mg  
• Carb exchanges 3½ • GI estimate low • Gluten-free option







Chicken contains the amino acid tryptophan, which helps produce melatonin. Combining chicken with carbs, i.e. lentils, helps your body use it more effectively.

GF

## CRISPY PAPRIKA CHICKEN WITH TOMATOES & LENTILS

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A MAIN)

2 x 125g skinless chicken breast fillets, trimmed of fat  
½ tsp smoked paprika  
Zest and juice of half a lemon  
1½ Tbsp olive oil  
Freshly ground black pepper  
1 clove garlic  
1 tsp fennel seeds  
1 bulb fennel, trimmed, sliced  
400g can no added salt cherry tomatoes  
1 Tbsp sherry vinegar  
200g cooked puy lentils or 400g can no added salt brown lentils, rinsed and drained

100g picked watercress sprigs  
2 Tbsp fat-free natural yoghurt  
Handful of dill, leaves picked

**1** Put the chicken breasts between two sheets of baking paper and use a rolling pin to roll or bash to a 1cm thickness. Rub the chicken breasts with the paprika, lemon zest, 2 teaspoons oil and pepper. Cover and set aside while you start the lentils.

**2** Heat the remaining oil in a non-stick frying pan over medium heat. Add the garlic, fennel seeds and fennel slices. Cook, stirring often, for 5 minutes or until the fennel starts to soften. Add the tomatoes, vinegar and lentils. Reduce heat to medium-low and simmer while the chicken is cooking.

**3** Meanwhile, heat another non-stick frying pan over medium heat. Add the chicken breasts and cook for 4 minutes each side or until golden brown and cooked through.

**4** Add the watercress to the lentils and cook, stirring, until the watercress wilts. Squeeze in the lemon juice. Slice the chicken and serve with the lentils, a dollop of yoghurt and the dill.

### Nutrition info

**PER SERVE** 2150kJ, **protein** 44g, **total fat** 17g (sat. fat 3g), **carbs** 37g, **fibre** 13g, **sodium** 158mg  
• **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**





Greens such as kale contain magnesium and calcium, both of which help you get a restorative night's sleep. Add in potassium-rich avocado to help you get an even better slumber.

GFO LC

## ROASTED NEW POTATO, KALE & FETA SALAD WITH AVOCADO

**PREP** 15 MINS **COOK** 35 MINS  
**SERVES** 2 (AS A MAIN)

200g Coliban potatoes, unpeeled, halved  
2 cloves garlic  
1½ Tbsp olive oil  
Freshly ground black pepper  
Juice of 1 lemon  
1 eschalot, chopped  
200g kale, inner core removed, chopped  
Freshly ground black pepper  
1 small ripe avocado, flesh scooped out  
½ tsp Dijon mustard or gluten-free mustard  
25g reduced-fat feta, crumbled  
Pinch chilli flakes  
1 Tbsp pumpkin seeds, toasted

**1** Preheat oven to 180°C (fan-forced). Cook the potatoes in a saucepan of boiling water for 10 minutes or until mostly tender. Drain and set aside to steam dry. Toss the potatoes and garlic in a large roasting tin. Drizzle over 1 tablespoon of the oil. Season with pepper. Roast for 20 minutes.

**2** Meanwhile, squeeze half the lemon juice over the eschalot and half of the kale in a large bowl. Season with pepper, then massage gently to encourage the kale to soften.

**3** Remove the garlic cloves from the oven and set aside. Put the remainder of the kale on top of the potatoes. Drizzle over a little of the

remaining oil. Season with pepper and return to the oven for 5 minutes or until the kale crisps.

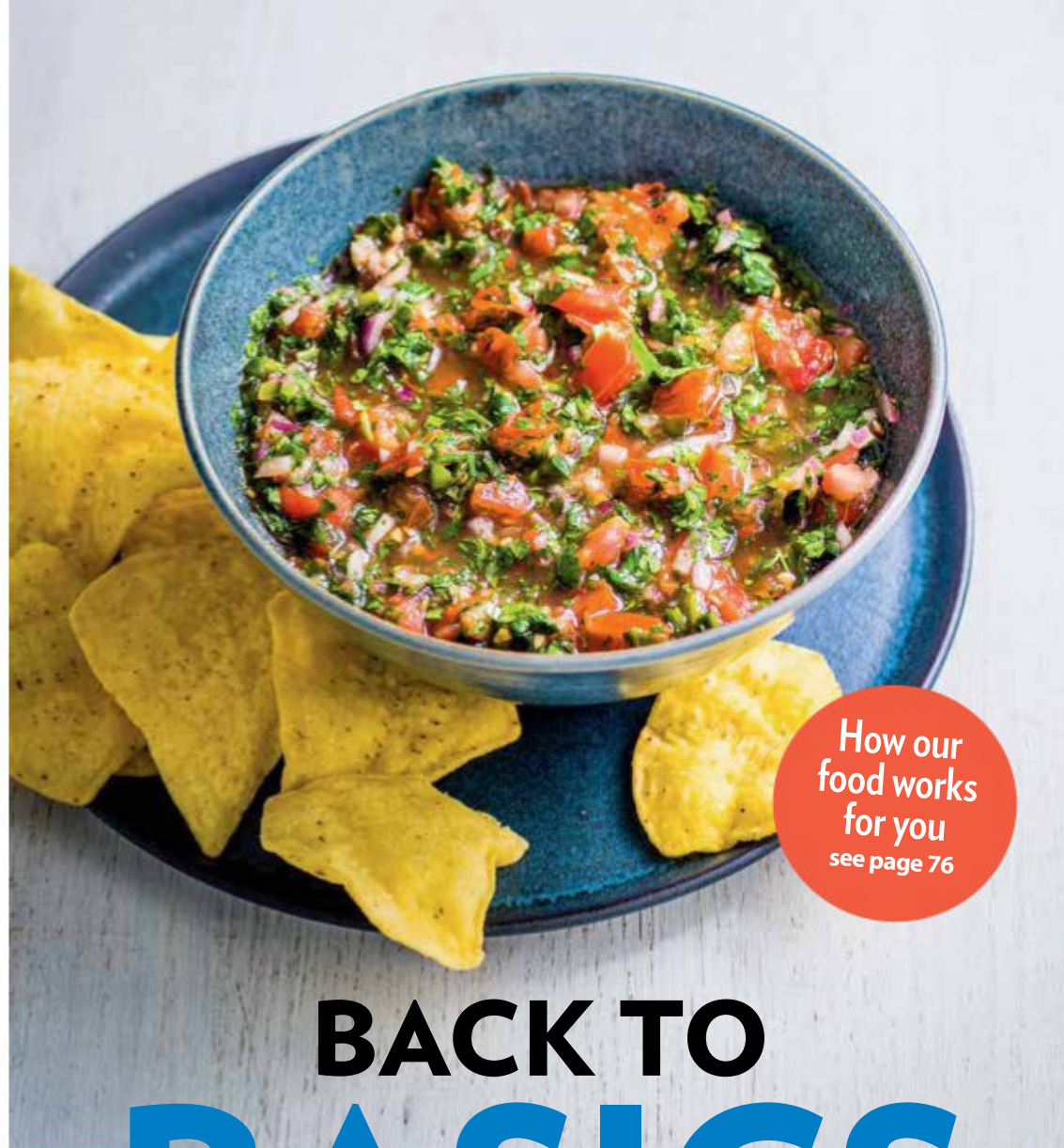
**4** Meanwhile, put the roasted garlic, avocado, mustard, remaining oil and lemon juice in a blender. Process until smooth, adding enough water to create a smooth dressing.

**5** Mix the potatoes and cooked kale into the raw kale salad and tip onto a serving platter. Drizzle over the avocado dressing. Top with the feta, chilli flakes and pumpkin seeds.

### Nutrition info

**PER SERVE** 1530kJ, **protein** 12g, **total fat** 25g (sat. fat 5g), **carbs** 17g, **fibre** 10g, **sodium** 208mg  
• **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb** ■





# BACK TO BASICS

Add this popular Mexican classic to your repertoire. It's versatile and adds instant seasoning to grain bowls, meats or the humble corn chip...vamos!

GF

## TOMATO SALSA

**START TO FINISH** 25 MINS (+ 30 MINS MARINATING) **SERVES** 4 (AS A SNACK)

1 small red onion, finely chopped  
1 tsp caster sugar  
4 Tbsp fresh lime juice  
4 large ripe tomatoes  
3 jalapeño chillies  
Small bunch of coriander, chopped  
60g Tostitos Lightly Salted Tortilla Chips

1 Put the onion, sugar and lime juice in a bowl. Toss to combine.

2 Preheat a chargrill pan or barbecue grill on high. Add the tomatoes and cook, turning occasionally, for 4-5 minutes or until charred. Place into a bowl and cover. Set aside. Repeat the barbecuing process with the chillies.

3 Remove as much of the skin as possible from the tomatoes and chillies, and discard (don't worry if there's a little left on). Roughly chop the tomatoes and finely chop the chillies, discarding the stems. Add both to the bowl with the onion. Toss to combine. Set aside for at least 30 minutes for all the flavours to combine.

4 Stir the coriander through the salsa and serve with tortilla chips for scooping.

### Nutrition info

**PER SERVE** 537kJ, **protein** 3g, **total fat** 4g (sat. fat 0g), **carbs** 17g, **fibre** 6g, **sodium** 55mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

## MAKE THE MOST OF IT

GF LC

### Ranch eggs

(serves 1: as a breakfast)

Brush corn tortillas with **oil** then cook on a chargrill or heavy pan until golden. Put on warmed plates and top with a fried **egg**, a couple of spoons of **tomato salsa** and some extra **coriander**.

**PER SERVE** 1200kJ, **protein** 11g, **total fat** 16g (sat. fat 3g), **carbs** 25g, **fibre** 2g, **sodium** 357mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF

### Tex-mex rice salad

(serves 1: as a side)

Toss a few spoonfuls of **tomato salsa** through ½ cup cooked and cooled **low GI white rice** with ¼ diced **avocado** and 1 small **cucumber**.

**PER SERVE** 915kJ, **protein** 5g, **total fat** 6g (sat. fat 1g), **carbs** 32g, **fibre** 6g, **sodium** 22mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GFO LC

### Spicy chicken flatbread melts

(serves 1: as a light meal)

Spread 1 (30g) small **wholemeal flatbread** or **gluten-free flatbread** with 2 Tbsp **tomato salsa** and tear over 40g cooked **skinless chicken breast**. Add ¼ cup grated **mozzarella** then grill until bubbling.

**PER SERVE** 957kJ, **protein** 21g, **total fat** 9g (sat. fat 5g), **carbs** 15g, **fibre** 3g, **sodium** 309mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb** ■



# 5 SIMPLE SOUPS

There's no need for takeaway when convenience tastes so good and can nourish the whole family. Get ready to batch!

How our  
food works  
for you  
see page 76

GFO LC

## MORROCAN SPICED CAULIFLOWER & ALMOND SOUP

PREP 10 MINS COOK 25 MINS  
SERVES 4 (AS A LIGHT MEAL)

Heat 2 Tbsp **olive oil** in a large saucepan over medium heat. Add ½ tsp **ground cinnamon**, ½ tsp **cumin**, ½ tsp **ground coriander** and 2 tsp **harissa paste** or **gluten-free harissa paste** to the pan. Cook, stirring, for 2 minutes.

Add 1 large (800g) **cauliflower** (broken into florets), 500ml (2 cups) hot **salt-reduced vegetable stock** or **gluten-free stock**, 500ml (2 cups) **water** and 50g **flaked almonds** to the pan. Cover and bring to the boil over high heat. Reduce heat to medium and cook, covered, for 20 minutes or until the cauliflower is tender. Set the soup aside for 5 minutes to cool slightly. Transfer the soup to a blender or food processor. Cover and blend until smooth. Divide between serving bowls. Drizzle with a little extra **harissa** and 1 tsp extra **toasted flaked almonds** per serve.

### *Nutrition info*

PER SERVE 980kJ, **protein** 8g, **total fat** 18g (sat. fat 2g), **carbs** 9g, **fibre** 4g, **sodium** 489mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



GFO LC

**PESTO, PEA  
& PRAWN SOUP****PREP** 5 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

Fry 4 chopped **green shallots** in 1 Tbsp **olive oil** for 2 minutes or until soften. Add 1 small chopped **potato**, 100g **pesto** or **gluten-free pesto** and 500ml (2 cups) hot **salt-reduced vegetable stock** or **gluten-free stock** and 500ml (2 cups) **water** and bring to the boil. Cook, covered, for 10 minutes.

Tip in 500g **frozen peas** and cook for 5 minutes more until the vegetables are tender. Roughly blitz with a stick blender, leaving some vegetables whole. Add 150g cooked & peeled **prawns** and bring to the boil. Add some fresh **lemon juice** and season with **pepper**. Serve topped with 4 x 1 Tbsp **reduced-fat Greek yoghurt** and 4 x ½ tsp **pesto** or **gluten free pesto**.

***Nutrition info***

**PER SERVE** 1370kJ, **protein** 16g, **total fat** 20g (sat. fat 4g), **carbs** 16g, **fibre** 9g, **sodium** 572mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LC

**CREAMY KALE  
& CHEDDAR SOUP****PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

Put 1 large chopped **potato**, 750ml (3 cups) **water** and 250ml (1 cup) **salt-reduced vegetable stock powder** or **gluten-free stock** and in a large pan. Cover, bring to the boil and cook for 10 minutes. Add 200g chopped **kale** and 100g **reduced-fat vintage cheese**. Cover and cook for 5 minutes more.

Add 3 Tbsp **light thickened cream** and a pinch of **ground**

**nutmeg**. Season, then blitz half the soup with a stick blender before mixing it back into the rest of the soup. Serve each with a piece of **soy linseed toast** or **gluten-free toast**.

***Nutrition info***

**PER SERVE** 1040kJ, **protein** 15g, **total fat** 10g (sat. fat 5g), **carbs** 22g, **fibre** 5g, **sodium** 537mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

**LOWER-CARB  
OPTION**  
Omit the bread  
and serve as  
mid-meal snack.

GFO

**ROOT VEGETABLE  
& GINGER SOUP****PREP** 15 MINS **COOK** 40 MINS  
**SERVES** 6 (AS A LIGHT MEAL)

Cook a 4cm piece of grated **ginger** and 1 chopped **brown onion** in 1 Tbsp **olive oil** for 5 minutes or until softens. Add a 1kg pack of **frozen mixed vegetables** (such as carrots, swede, parsnips, leeks or turnips) with a few finely chopped **rosemary sprigs**. Cover with 750ml (3 cups) hot **salt-reduced vegetable stock** or **gluten-free stock** and 250ml (1 cup) **water**. Bring to the boil, then simmer for 30 minutes or until all the vegetables are tender. Add 50ml **skim milk**. Blitz with a stick blender and sprinkle over **black pepper**. Serve with 2 x 125g **sourdough rolls** or **gluten-free rolls**, each torn into 3 pieces.

***Nutrition info***

**PER SERVE** 905kJ, **protein** 10g, **total fat** 5g (sat. fat 1g), **carbs** 30g, **fibre** 7g, **sodium** 620mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GFO LCO

**PER SERVE** 396kJ, **protein** 5g, **total fat** 4g (sat. fat 1g), **carbs** 8g, **fibre** 5g, **sodium** 391mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

**CHUNKY BEAN &  
MEATBALL SOUP****PREP** 15 MINS **COOK** 40 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

Fry 1 chopped **red onion** in 1 Tbsp **olive oil** for 5 minutes or until soft, then push to one side of the pan. Roll the meat from inside 4 **Peppercorn extra lean beef sausages** into small meatballs. Add to the pan and cook for 5 minutes or until golden. Stir in 2 x 400g cans **no added salt chopped tomatoes**, 250ml (1 cup) **reduced salt hot chicken stock** or **gluten-free stock**, 1 Tbsp **red wine vinegar** and 1 tsp **sugar**. Cover and cook for 20 minutes. Add a 420g can **drained no added salt four bean mix**. Season and cook, uncovered, for a further 10 minutes. Scatter over 1 Tbsp grated **parmesan** and **basil leaves** to serve.

***Nutrition info***

**PER SERVE** 1240kJ, **protein** 17g, **total fat** 11g (sat. fat 3g), **carbs** 27g, **fibre** 9g, **sodium** 508mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option** ■



# OAT-TERLY DELICIOUS

Give the humble bowl of oats a tasty makeover that will have you eating with your eyes!

How our food works for you  
see page 76



## SUNSHINE PORRIDGE

**PREP** 5 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A BREAKFAST)

1 small orange  
100g frozen raspberries  
75g rolled oats  
225ml water  
50ml skim milk  
½ small banana, sliced  
1 Tbsp smooth almond spread  
2 tsp goji berries  
2 tsp chia seeds

**1** Cut the orange in half. Juice half the orange. Slice the remaining orange into thin rounds.

**2** Tip half the raspberries and all of the orange juice into a small saucepan. Bring to a simmer over medium heat. Simmer for 5 minutes.

**3** Meanwhile, put the oats, water and milk in a small saucepan over low heat. Cook, stirring, for 8-10 minutes or until the porridge is thick and creamy.

**4** Divide the porridge between serving bowls. Top with the raspberry mixture, remaining raspberries, orange slices, banana, almond spread, goji berries and chia seeds.

## Nutrition info

**PER SERVE** 1180kJ, **protein** 8g, **total fat** 9g (sat. fat 2g), **carbs** 37g, **fibre** 10g, **sodium** 60mg • **Carb exchanges** 2½ • **GI estimate** low





## WARMING CHOCOLATE & BANANA PORRIDGE

**PREP** 5 MINS (+ OVERNIGHT SOAKING) **COOK** 15 MINS

**SERVES** 2 (+ LEFTOVERS FOR 2) (AS A BREAKFAST)

120g rolled oats

1 Tbsp cocoa powder

1 tsp vanilla extract

900ml cold water

4 bananas

300g low-fat Greek natural yoghurt  
Milk, to serve (optional)

**1** Put the oats, cocoa powder and vanilla extract in a large bowl. Pour over the water. Cover the bowl and set aside to soak overnight.

**2** The next morning, chop 2 of the bananas. Tip the oats mixture into a saucepan with the chopped banana. Cook over medium heat, stirring often, for 15 minutes or until the oats are cooked.

**3** Put half of the mixture in the fridge for the next day. Spoon the rest

between two bowls. Swirl 150g of the yoghurt through the porridge. Slice over a banana (save the remaining yoghurt and banana for the next morning). Warm through with a splash of milk to reheat, if you like.

### *Nutrition info*

**PER SERVE** 1140kJ, **protein** 11g, **total fat** 5g (sat. fat 2g), **carbs** 41g, **fibre** 7g, **sodium** 92mg • **Carb exchanges** 2½ • **GI estimate** low



## breakfast

### CREAMY PORRIDGE WITH SPICED APPLE & CRANBERRY

**PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 2 (AS A BREAKFAST, WITH  
LEFTOVER SPICED APPLE FOR 4)

100g rolled oats  
500ml (2 cups) skim milk  
½ tsp vanilla extract  
1 Tbsp caster sugar or granulated  
sugar substitute

**SPICED APPLE AND CRANBERRY**  
3 apples, quartered, cored & diced  
100ml water  
200g frozen cranberries  
1 tsp mixed spice  
3 Tbsp caster sugar or granulated  
sugar substitute

**1** To make the spiced apple & cranberry, put the apples in a medium saucepan with the water. Bring to a simmer over medium heat. Cook, stirring often, for 7-8 minutes or until the apple is almost tender. Increase the heat to high and stir in the cranberries, mixed spice and sugar. Cook, stirring, until the mixture bubbles and is saucy.

**2** Meanwhile, place the oats, milk, vanilla and remaining sugar in a small saucepan. Bring to the boil over high heat. Reduce heat to medium and cook, stirring, for 7-8 minutes or until the mixture is thick and creamy.

**4** Divide the porridge between serving bowls. Divide half the spiced apple with the warm (or cold) fruit mixture.

#### *Nutrition info*

**PER SERVE (with sugar)** 1470kJ, **protein** 16g, **total fat** 5g (sat. fat 1g), **carbs** 58g, **fibre** 7g, **sodium** 104mg • **Carb exchanges** 4 • **GI estimate** low

**PER SERVE (with sugar substitute)** 1350kJ, **protein** 16g, **total fat** 5g (sat. fat 1g), **carbs** 50g, **fibre** 7g, **sodium** 104mg • **Carb exchanges** 3½ • **GI estimate** low ■

#### *Cook's Tip*

The fruit mixture can be kept in the fridge for up to 1 week. Serve with porridge another day or with ⅓ cup low-fat Greek yoghurt as a snack



# *Rich pickings*

How our  
food works  
for you  
see page 76

Revel in the rich hues and flavours of these  
better-for-you winter desserts

Sangria  
poached apples  
Recipe, page 66



## desserts

GF

### SANGRIA POACHED APPLES

**PREP** 10 MINS **COOK** 20 MINS

**SERVES** 4 (AS A DESSERT)

125ml (½ cup) dry red wine

60ml (¼ cup) water

1 cinnamon stick

½ vanilla bean, halved

lengthways, seeds scraped

3 tsp honey

5cm strip orange zest

1 (150g) red apple, unpeeled, cut  
into 5mm-thick slices

1 (150g) green apple, unpeeled,  
cut into 5mm-thick slices

130g (½ cup) low-fat Greek-style  
natural yoghurt

**1** Put the wine, water, cinnamon, vanilla bean and seeds, honey and zest in a small saucepan. Bring to the boil over high heat. Add the apple slices and reduce heat to medium-low. Cook, covered, stirring occasionally, for 5 minutes or until just tender. Use a slotted spoon to transfer apples to a bowl.

**2** Return the syrup to a simmer over medium heat. Simmer, uncovered, for 10 minutes or until the syrup thickens slightly and has reduced to about 2 tablespoons. Remove the vanilla bean, cinnamon stick and zest from the syrup.

**3** Divide the apple slices evenly between serving plates. Drizzle with the reduced syrup. Serve with the yoghurt.

**COOK'S TIP** Be sure to remove any white pith from the orange rind before adding to the syrup as it will result in a bitter syrup. Use a vegetable peeler to remove the strip and a small knife to remove any remaining pith.

### Nutrition info

**PER SERVE** 468kJ, **protein** 3g, **total fat** 1g (sat. fat 0g), **carbs** 16g, **fibre** 3g, **sodium** 44mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**







### Cook's Tips

You can use wholemeal plain flour instead of spelt flour, if preferred; however, this will slightly alter the nutritional counts. These puddings are best served warm.

## WARM CHAI BANANA PUDDINGS WITH DATE CARAMEL

**PREP** 10 MINS (+ 20 MINS STANDING)

**COOK** 25 MINS **SERVES** 4 (AS AN OCCASIONAL DESSERT)

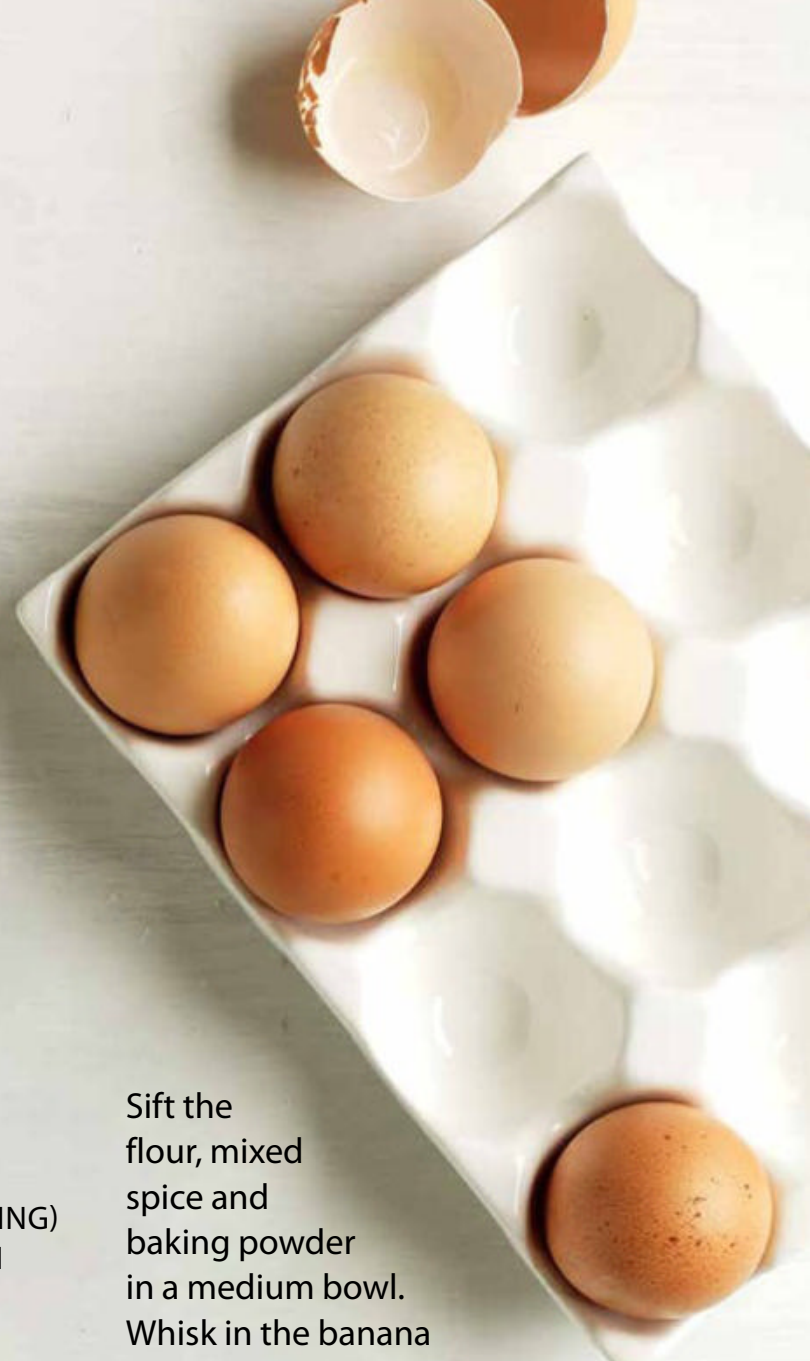
2 chai tea bags  
185ml ( $\frac{3}{4}$  cup) boiling water  
2 (260g) very ripe small bananas  
2 (40g) whole fresh medjool dates, pits removed  
1 egg white (from 60g)  
75g ( $\frac{1}{2}$  cup) wholemeal spelt flour (see Cook's tips)  
 $\frac{3}{4}$  tsp mixed spice  
 $\frac{1}{2}$  tsp baking powder  
2 tsp pecans, roasted, coarsely chopped

**1** Place the tea bags and the boiling water in a medium heatproof bowl. Set aside for 20 minutes to infuse. Squeeze all excess water from the tea bags into a bowl. Discard the bags.

**2** Place the bananas, one of the dates and  $\frac{1}{2}$  cup of the tea-infused water in a large bowl. Use a hand held blender to process until smooth.

**3** To make the date caramel, add the remaining date to the remaining tea. Blend until smooth.

**4** Use electric beaters to whisk the egg whites until stiff peaks form.



Sift the flour, mixed spice and baking powder in a medium bowl. Whisk in the banana mixture until just combined. Fold in the egg white. Spray 4 x 125ml ( $\frac{1}{2}$ -cup) dariole moulds with cooking spray. Divide the batter between the dishes.

**5** Place a small square of baking paper on the top of each pudding. Cover tightly with foil. Place the puddings in a wide shallow saucepan with enough boiling water to come halfway up the sides of the moulds. Cover with a tight-fitting lid. Simmer for 25 minutes or until the puddings are puffed and a skewer inserted into the centre of one comes out clean. Remove the puddings from the water. Set aside for 5 minutes.

**6** Spoon a quarter of the warmed date caramel over each pudding. Top with the pecans and serve.

### Nutrition info

**PER SERVE** 725kJ, **protein** 5g, **total fat** 2g (sat. fat 0g), **carbs** 34g, **fibre** 4g, **sodium** 57mg • **Carb exchanges** 2½ • **GI estimate** medium





### *Cook's Tips*

Choose a low-sodium bread for this recipe. Puddings are best made on the day of serving.

Lemon bread &  
butter pudding  
with baked rhubarb  
*Recipe, page 71*



Strawberry &  
pomegranate baked  
custard tarts  
*Recipe, page 71*

### *Cook's Tips*

The tarts can be made a day ahead. Store in an airtight container in the fridge. Top with the strawberry mixture before serving.





### *Cook's Tip*

Rose syrup can be found in the international food aisle of major supermarkets or in specialty Middle-Eastern supermarkets. Substitute the rose syrup with half the amount of rose water, if you like.

Spelt crepes  
with rhubarb in  
rose syrup  
*Recipe, page 71*



## LEMON BREAD & BUTTER PUDDING WITH BAKED RHUBARB

**PREP** 10 MINS **COOK** 40 MINS **SERVES** 4 (AS AN OCCASIONAL DESSERT)

300g trimmed rhubarb  
1 vanilla bean, split lengthways  
2 Tbsp caster sugar  
2 Tbsp water  
1½ slices high-fibre white bread  
1 Tbsp lemon butter  
60g egg  
1 eggwhite (from 60g egg)  
2 Tbsp caster sugar, extra  
375ml (1½ cups) skim milk, heated until hot

- 1 Preheat oven to 220°C (fan-forced).
- 2 Cut the rhubarb into 5cm lengths. Scrape the seeds from the vanilla bean. Combine the rhubarb, vanilla bean and seeds, sugar and the water in a small shallow baking or ovenproof dish. Cover with foil. Bake for 15 minutes, depending on thickness of rhubarb, or until just tender and juices are syrupy. Remove from the oven. Reduce the oven temperature to 160°C (fan-forced).
- 3 Spread the bread with the lemon butter and cut into 2cm cubes. Divide the bread between four 160ml (⅔ cup) ovenproof dishes.
- 4 Whisk the egg, egg white and extra sugar in a medium bowl until just combined. Whisk in the hot milk. Gently pour the custard mixture over the bread. Set aside for 5 minutes.
- 5 Place the dishes in a medium baking dish. Add enough boiling water to come halfway up the sides of the dishes. Bake for 25 minutes or until the custard is just set. Serve hot or warm with rhubarb, drizzled with juices.

### Nutrition info

**PER SERVE** 793kJ, **protein** 9g, **total fat** 2g (sat. fat 1g), **carbs** 32g, **fibre** 3g, **sodium** 153mg • **Carb exchanges** 2 • **GI estimate** medium

## SPELT CREPES WITH RHUBARB IN ROSE SYRUP

**PREP** 10 MINS (+ 30 MINS STANDING) **COOK** 15 MINS **SERVES** 3 (AS AN OCCASIONAL DESSERT)

50g (⅓ cup) white spelt flour  
80ml (⅓ cup) skim milk  
1 Tbsp olive oil  
1 eggwhite (from 60g egg)  
1 tsp raw sugar  
175g trimmed rhubarb, cut into 3cm lengths  
1 Tbsp rose syrup  
130g (½ cup) low-fat Greek natural yoghurt

- 1 Preheat grill on medium-high. Line an oven tray with baking paper.
- 2 Place the flour, milk, oil, eggwhite and half the sugar in a medium bowl. Whisk until smooth. Cover and put in the fridge for 30 minutes.
- 3 Meanwhile, place the rhubarb on the lined tray. Sprinkle with the remaining sugar and drizzle with the syrup. Grill for 5 minutes or until the rhubarb is tender.
- 4 Spray a heavy-based small non-stick frying pan with oil. Heat pan over medium-high heat. Pour a sixth of the batter into the pan. Cook for 2 minutes or until browned underneath. Turn crêpe, brown the other side. Repeat with remaining batter to make a total of 6 crêpes.
- 5 Serve the crêpes with the rhubarb and yoghurt.

### Nutrition info

**PER SERVE** 893kJ, **protein** 9g, **total fat** 8g (sat. fat 1g), **carbs** 24g, **fibre** 3g, **sodium** 89mg • **Carb exchanges** 1½ • **GI estimate** high

## STRAWBERRY & POMEGRANATE BAKED CUSTARD TARTS

**PREP** 10 MINS **COOK** 20 MINS **SERVES** 2 (AS AN OCCASIONAL DESSERT)

1 sheet filo pastry  
160ml (⅔ cup) low-fat milk  
1 x 60g egg  
2 tsp caster sugar  
½ tsp vanilla extract  
6 small strawberries, quartered lengthways  
40g fresh pomegranate seeds  
1 tsp pomegranate molasses

- 1 Preheat oven to 200°C (fan-forced). Spray two holes of a 12-hole (80ml (⅓ cup) muffin pan with cooking spray.
- 2 Cut pastry in half crossways. Lightly spray one of the pastry halves with oil, then fold in half. Cut the pastry into four. Firmly press pastry strips into pan hole overlapping each other to cover hole. Spray lightly with oil to stick pastry strips together. Repeat with the remaining pastry.
- 3 Bake the cases for 5 minutes or until pastry is browned lightly.
- 4 Meanwhile, heat the milk in a small saucepan until hot. Whisk the egg, sugar and extract in a small bowl. Gradually whisk in the hot milk. Pour the custard into the pastry cases. Bake for 15 minutes or until set. Stand tarts for 5 minutes before transferring to a wire rack to cool.
- 5 Combine strawberries, pomegranate seeds and molasses in a small bowl. Serve tarts topped with strawberry mixture.

### Nutrition info

**PER SERVE** 705kJ, **protein** 8g, **total fat** 6g (sat. fat 2g), **carbs** 19g, **fibre** 2g, **sodium** 128mg • **Carb exchanges** 1½ • **GI estimate** medium ■



# Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

## Kitchen Tips

Growing your own herbs is a great way to save money and wastage (which I find quite often happens when buying bunches of fresh herbs – you use some in a recipe and then forget the rest of the bunch in the fridge). Pots of herbs also look really great on your windowsill or benchtop. This way you just pick or cut off when and how much you need for the recipe you are cooking. Adding herbs to your meals help increase the diversity of plant based foods in your daily diet which is great for gut health! I have a small herb garden just outside my back door in my vegie patch – this just means I can have a larger selection of herbs on hand.







### PRODUCT REVIEW

**Oxo** Jar Opener effortlessly helps open jar lids of all sizes, all you need to do is twist. Simply hold the Jar Opener by the handle, wedge it onto the jar lid, and twist open. The stainless steel teeth grip the lid firmly and a soft, non-slip handle cushions your hand. It has a soft, comfortable, non-slip handle for better leverage. See [oxoaustralia.com.au](http://oxoaustralia.com.au) for distribution details. *RRP \$14.95.*



### SECOND BREKKIE

Put 1 large **banana**, 2 tsp **chia seeds**, 2 Tbsp **rolled oats**, 130g (½ cup) **Chobani Fat Free Honey Greek Yoghurt**, 185ml (¾ cup) **skim milk**, 1/3 cup **ice cubes** and a pinch of **ground cinnamon** in a blender. Cover and blend until smooth. Pour into a glass. Serves 1.

**PER SERVE**  
1440kJ, **protein** 23g, **total fat** 4g (sat. fat 0g), **carbs** 50g, **fibre** 6g, **sodium** 132mg  
• **Carb exchanges** 3½  
• **GI estimate** low

### SUPERMARKET CRUSH

#### Mt Elephant Hemp & Oat Mylk

The creamy Barista Blend Hemp is the perfect way to enrich your body in plant-based goodness. High in plant-based omega 3's & 6's to support your heart and cardiovascular system and a natural anti-inflammatory; it is also a natural source of magnesium and is enriched with calcium for strong bones and extra brain power. *RRP \$6.50.* Available at selected Woolworths and online at [mtelephant.com.au](http://mtelephant.com.au)



## SIMPLE FRUITY DESSERTS

GF LC

### SPICED MACERATED GRAPEFRUIT

Halve a **grapefruit** and use a small sharp knife to cut the grapefruit into small segments (leaving inside the grapefruit half). Sprinkle each half with ½ tsp **raw sugar**, a pinch of **ground cardamom** and a sprinkle of **cinnamon**. Set aside for 30 minutes to allow the flavours to develop. Top with a spoonful of 1 Tbsp **reduced-fat Greek yoghurt**. Serves 2.

**PER SERVE** 277kJ, **protein** 3g, **total fat** 1g (sat. fat 0g), **carbs** 10g, **fibre** 3g, **sodium** 28mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF LC

### QUICK & EASY BANANA SPLIT

Place one scoop of **no-added sugar ice-cream** in a small serving bowl. Sprinkle over ½ chopped small **banana**, 2 tsp chopped **unsalted roasted peanuts**. Drizzle with 1 tsp **Natvia Smooth Chocolate Topping**. Serves 1.

**PER SERVE** 426kJ, **protein** 3g, **total fat** 4g (sat. fat 1g), **carbs** 10g, **fibre** 3g,

GF

### ORANGE & STRAWBERRY FRAPPE

Blend 250g punnet hulled **strawberries** with 1 large **orange**, skin and white pith removed, 125ml (½ cup) **coconut water** and small handful **mint leaves**. Pour between 2 serving glasses. Serve.

**PER SERVE** 413kJ, **protein** 3g, **total fat** 0g (sat. fat 0g), **carbs** 18g, **fibre** 6g, **sodium** 12mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** ■



# Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



|                         | SUNDAY                                                                                 | MONDAY                                                                        | TUESDAY                                                                                          | WEDNESDAY                                                                     |
|-------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <b>H<sub>2</sub>O</b>   | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                                                               |                                                                                                  |                                                                               |
| <b>Breakfast</b>        | 170g tub Chobani yoghurt topped with 1 cup mixed berries & 1 tbsp chia seeds           | Sunshine porridge (p 62)                                                      | 1 slice soy & linseed toast topped with 1/3 avocado, 1 sliced tomato & 20g crumbled goats cheese | Creamy porridge with spiced apple & cranberry (p 64)                          |
| <b>Optional snack</b>   | 1 piece fresh fruit                                                                    | 30g unsalted walnuts                                                          | Cream cheese & cucumber crackers (p 46)                                                          | 30g unsalted walnuts                                                          |
| <b>Lunch</b>            | Pesto pea & prawn soup (p 61)                                                          | 2 cups mixed green salad with 95g can flavoured tuna & wholegrain dinner roll | Moroccan spiced cauliflower & almond soup (p 60)                                                 | Salmon cakes (p 54)                                                           |
| <b>Optional snack</b>   | Balsamic mushrooms with rocket & ricotta (p 44)                                        | 175g Yoplait Forme yoghurt                                                    | 1 piece fresh fruit                                                                              | 125g Siggis yoghurt tub                                                       |
| <b>Dinner</b>           | Crispy paprika chicken with tomatoes & lentils (p 57)<br><b><i>Pictured above</i></b>  | Creamy pesto & kale pasta (p 16)<br><b><i>Pictured above</i></b>              | Saucy bean baked eggs (p 17)<br><b><i>Pictured above</i></b>                                     | Stroganoff steak & sweet potato wedges (p 17)<br><b><i>Pictured above</i></b> |
| <b>Alcohol</b>          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                                                               |                                                                                                  |                                                                               |
| <b>Optional dessert</b> | 1 cup skim milk with flavoured Sipahh Straw                                            | 1½ cups fresh fruit salad                                                     | Spelt crepes with rhubarb in rose syrup (p 71)                                                   | 1½ cups fresh fruit salad                                                     |
| <b>Exercise</b>         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                                                               |                                                                                                  |                                                                               |



# it's easy!



## OMEGA 3 – WHAT, WHY & HOW?

Omega 3 is a healthy poly-unsaturated fat which is important to include as part of your balanced daily diet.

Studies suggest a diet high in omega 3 fats may help in:

- Supporting heart health – by boost healthy HDL cholesterol levels; lowering triglycerides and blood pressure; and maintaining healthy arteries.
- Maintaining normal brain function and eye health.
- Reducing chronic inflammation in the body.
- Supporting pregnancy and early life development.

Oily fish, such as salmon, tuna, sardines, herring and mackerel, are one of the best sources of omega 3 fats. The Heart Foundation recommends all Australians to include 2-3 serves of fish each week.

However, if you choose not to eat fish there are other ways to get your omega 3's. Such as:

- **Walnuts** Aim to eat 30g unsalted walnuts each day.
- **Chia & flax seeds** Add 1 Tbsp to your breakfast cereal or smoothie.
- **Canola or soybean oil** Can be used in cooking.
- **Soy & linseed bread** For sandwiches and toast. ■

| THURSDAY                                                                          | FRIDAY                                                                            | SATURDAY                                                                           |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|  |  |  |
| depending on your exercise levels.                                                |                                                                                   |                                                                                    |
| 170g tub Chobani yoghurt topped with 1 sliced banana & 1 tbsp chia seeds          | Warming chocolate & banana porridge (p 63)                                        | 1 slice soy & linseed toast with 2 poached eggs, sliced tomato and handful rocket  |
| Blueberry & choc chip mini muffins (p 49)                                         | 2 corn thins with 40g reduced fat cheddar                                         | 1½ cup fresh fruit salad                                                           |
| Chunky bean & meatball soup (p 49)                                                | Wasabi chicken rice salad (p 31)                                                  | Bombay potato frittata (p 32)                                                      |
| 1 piece fresh fruit                                                               | 1 piece fresh fruit                                                               | 175g Yoplait Forme yoghurt                                                         |
| Healthy chicken katsu (p 18)<br><b>Pictured above</b>                             | Sweet potato & cauliflower lentil bowl (p 20)<br><b>Pictured above</b>            | Salmon with horseradish rub (p 52)<br><b>Pictured above</b>                        |
| have a couple of alcohol-free days a week.                                        |                                                                                   |                                                                                    |
| 1 cup skim milk with flavoured Sipahh Straw                                       | 1 cup mixed berries with 1/3 cup low fat Greek yoghurt                            | Sangria poached apples (p 66)                                                      |
| Always discuss your exercise plans with your doctor first.                        |                                                                                   |                                                                                    |



# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

**Nutrition info**  
**PER SERVE** 2330kJ,  
**protein** 46g, **total fat** 35g  
(sat. fat 9g), **carbs** 12g, **fibre** 8g,  
**sodium** 629mg • **Carb**  
**exchanges** 1 • **GI estimate**  
low • **Gluten-free option**  
• **Lower carb**

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

**Salmon with horseradish rub**  
*Recipe, page 52*



CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

**With this guide, you can create the perfect eating plan for your needs**

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg

\* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

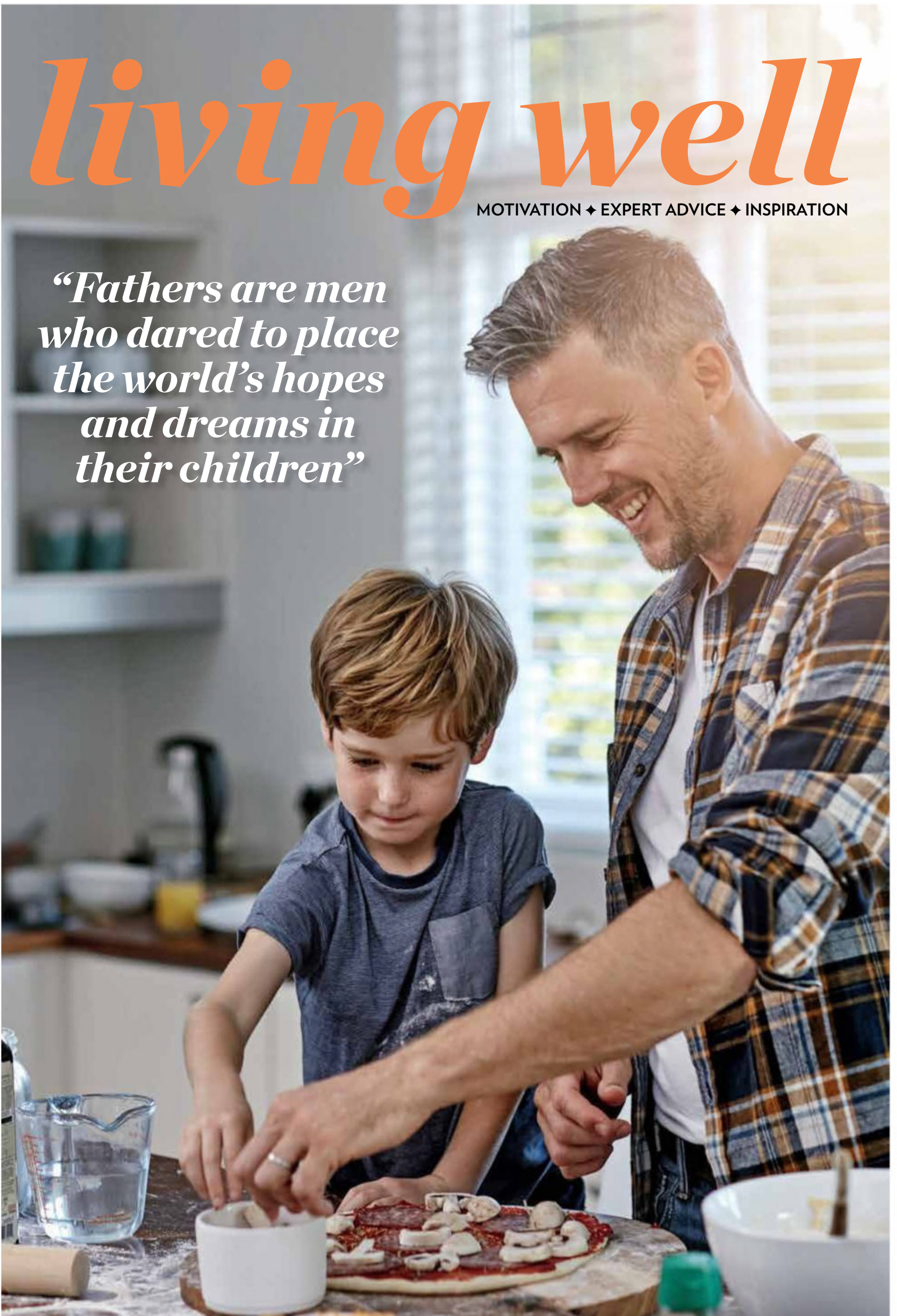
PHOTOGRAPHY IMMEDIATE MEDIA



# *living well*

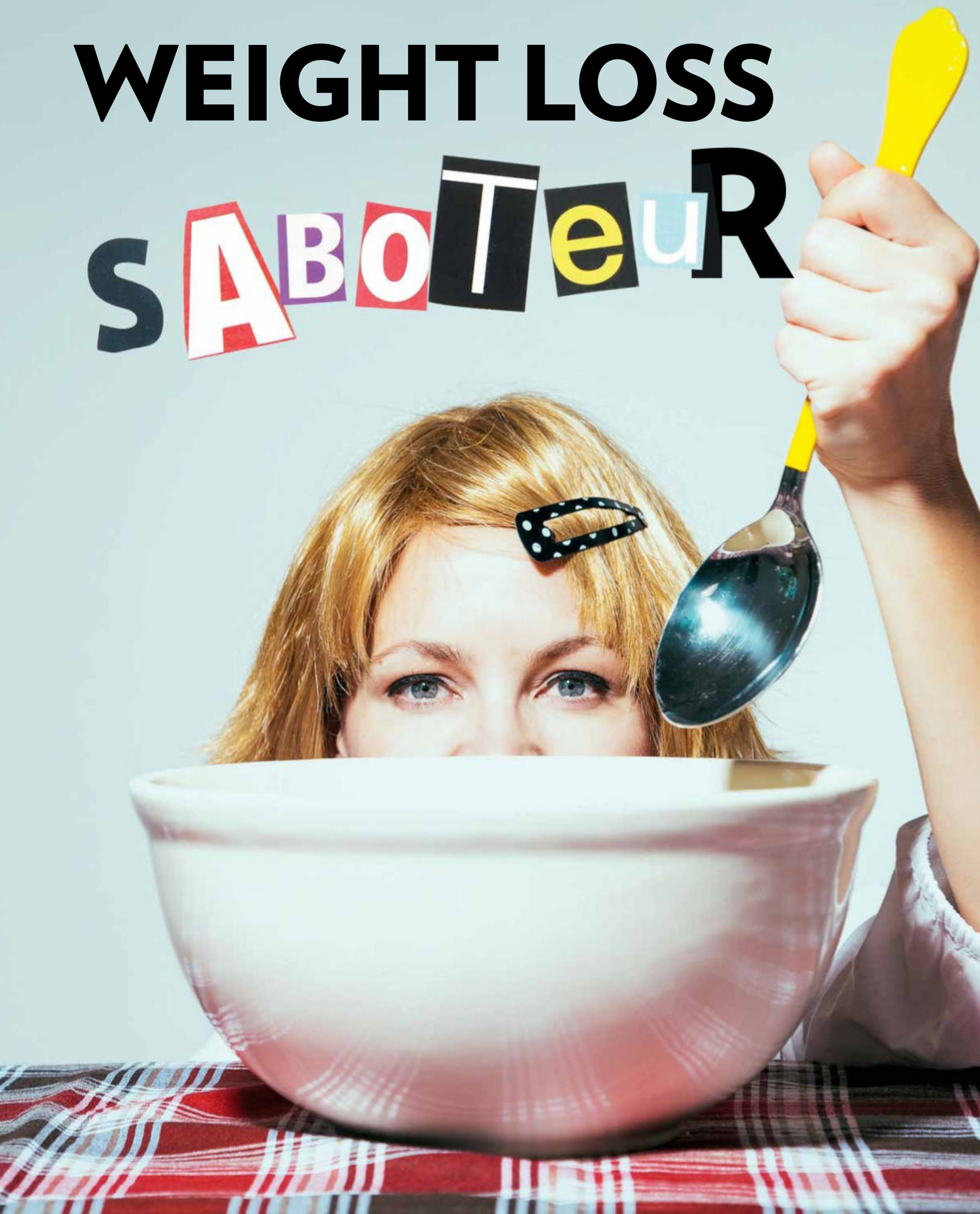
MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*“Fathers are men  
who dared to place  
the world’s hopes  
and dreams in  
their children”*





# WEIGHT LOSS SABOTEUR







**DL mag dietitian and diabetes educator,  
Dr Kate Marsh, discusses the factors that often  
get in the way of weight loss success. Knowing  
these, and making plans to address them, can  
help you on your weight loss journey.**

### **Lack of planning**

Planning is your key to weight loss success. Without a plan it is all too easy to get caught up in day-to-day life and never get around to fitting in exercise or making those dietary changes you were aiming for.

So plan your meals for the week, make time for shopping, set aside an afternoon to cook up some meals for the week and schedule exercise in your diary like you do other important commitments. Also consider cooking and freezing extra batches of meals like soups, casseroles and curries, so you have back-up for busy weeks or those nights when you just don't feel like cooking.

### **Confusion about what to eat**

If you're unsure about what to eat, you're certainly not alone. There's plenty of confusing and conflicting information out there about good nutrition, particularly when it comes to losing weight. Yet, there is no evidence that one diet regimen leads to more weight loss than another. Instead, several studies have found that how well you can stick to a particular diet, rather than the diet itself, is the best predictor of weight loss. So, forget the latest 'diet' and find a healthy eating plan you can adopt and maintain for the long term.

### **Family and friends**

Whether intentional or not, family and friends can often sabotage your efforts to lose weight. This might be by bringing less healthy foods into the house, serving large portions at meals, insisting that you eat something they have made at a family gathering or refilling your glass a few too many times.

It's much easier to change your habits when you have the support of those around you. So, whether it is your partner, kids, friends or work colleagues, speak to them about how they could help rather than hinder your weight loss efforts. And consider encouraging them to join you in making healthy lifestyle changes.

### **Overlooking portion sizes**

Even if you follow a healthy eating plan, if you eat more than you need, it will be difficult to manage your weight. Yet increasing portion sizes of packaged foods, fast foods and restaurant meals, alongside bigger bowls, plates and glasses, makes it easy to eat more than we need. To avoid overeating, consider using smaller plates, bowls and cups. For packaged foods, choose smaller serving sizes. And when eating out, choose entrée-size meals or stop eating when you are satisfied, rather than feeling the need to clear your plate.

### **Forgetting about fluids**

Many people think about what they eat but forget about what they drink, yet these can really add up in terms of calories. Juices, smoothies, milky coffees, sugar-sweetened drinks and alcohol can provide a significant number of extra calories if consumed regularly. Make water your main fluid. Sparkling natural mineral or soda water, tea and herbal teas are also good choices. ➤



## weight loss

### Mindless eating

Many of us have lost touch with our appetites. We eat for many reasons other than hunger, including boredom, stress or just because the food is there or someone else around us is eating. Learning how to recognise genuine hunger and when you are satisfied (but not overly full), is an important part of managing your weight, alongside making healthy food choices. Start by making time to sit down, relax and enjoy meals rather than eating on the run or while involved in other activities.

### Misleading food packaging claims

While the claims made on many food packages can make you think you are making a good choice, many of the seemingly 'healthy' foods on our supermarket shelves are actually ultra-processed foods. These are foods that have been through many processing steps and which commonly contain colours, flavours, emulsifiers and other additives, often added to make products more palatable. Eating ultra-processed food is associated with high body mass index, overweight and obesity, abdominal obesity (carrying weight around the middle) and weight gain, independent of energy (kilojoule) intake. So ignore health and nutrition claims and read the ingredient list instead. Choose foods with a minimal number of ingredients and ingredients that you recognise as food.

### All or nothing mentality around food and exercise

When it comes to making lifestyle changes, the 'all or nothing' approach is unlikely to be sustainable in the long term. Losing weight and improving your health doesn't mean you need to cut out all of your favourite foods or go all out with exercise. So if you love chocolate then rather than cutting it out, set some limits on how often and how much you will have. And if you are struggling to find a spare moment to exercise, then don't start by trying to go to the gym for an hour each day but instead begin by getting up 15 minutes earlier each morning and going out for a short walk, with a longer walk or gym session on the weekend.

### Unrealistic goals

For most people, it took many years to gain excess weight, so you can't expect to lose it overnight. Setting realistic and achievable goals means you are less likely to get frustrated and give up if results are slow at first.

### Weight plateaus

Plateaus (when you temporarily stop losing weight) are an inevitable part of your weight loss journey and often the point where things become unstuck. So, expect to hit plateaus but stay focused on your goal. Just continuing your new habits or making slight adjustments is likely to help you break through the plateau, rather than giving up.

### Poor sleep

Getting enough sleep is important for your weight and your health (including blood glucose and insulin levels). Lack of sleep can influence hormones that affect our appetite and weight, and studies have shown increased hunger in those who don't get enough sleep. A review of the research found the lowest risk of being overweight in those who slept 7 to 8 hours per night and almost a 10% increased risk of obesity for each 1-hour decrease in sleep below 7 hours. So make sleep a priority, aim for 7 to 8 hours of good-quality sleep each night and build good sleep habits. ■





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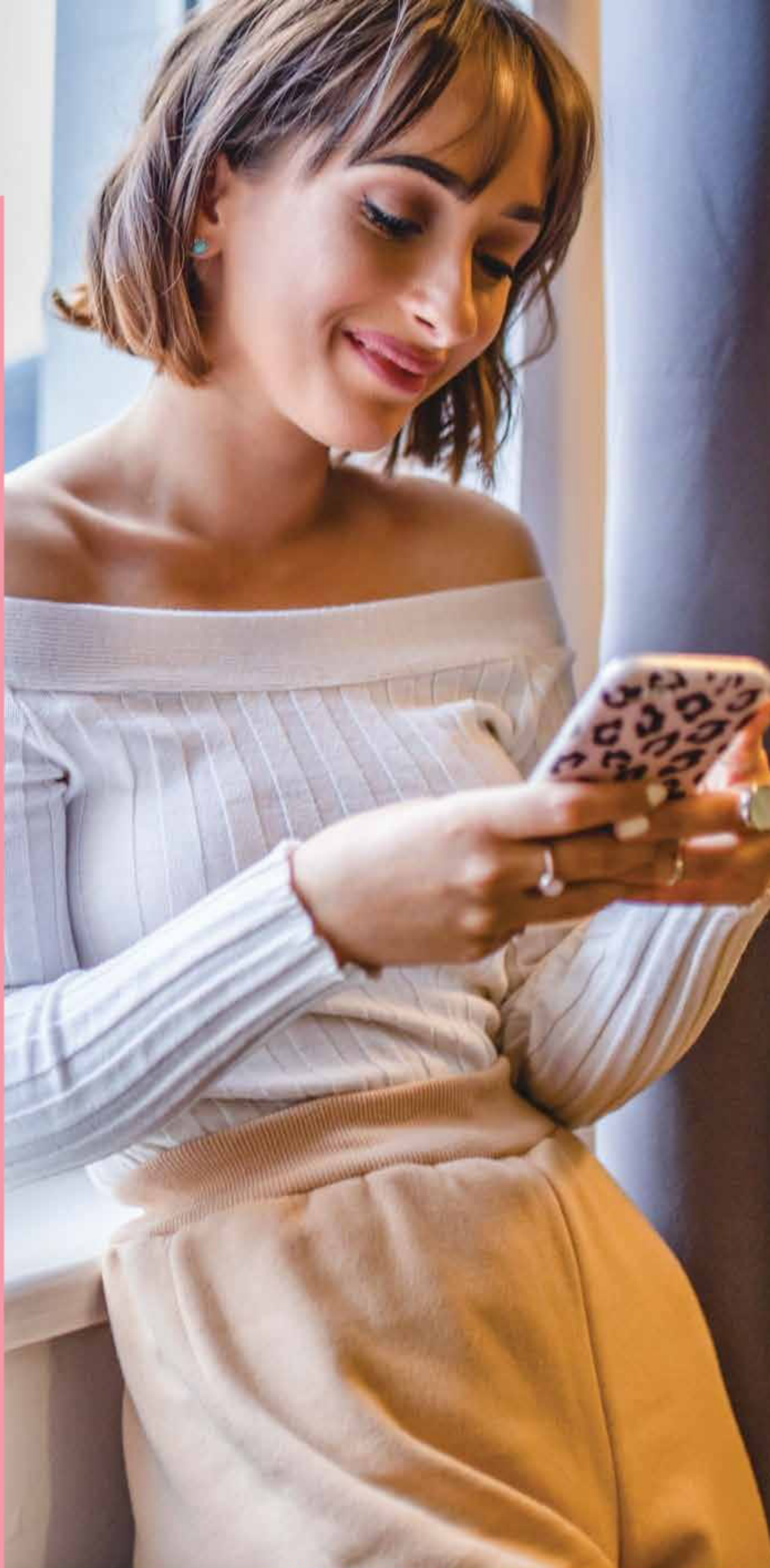
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# Read your meters



They're all designed to help you monitor your blood glucose levels, but different meters have different features. Here's what you need to consider to find your ideal fit.

With so many different makes and models of blood glucose meters available, many of which you can access for free if you're registered with the National Diabetes Services Scheme (NDSS), it can be confusing working out which one you should choose and use. Before you make a decision, it's important to talk to your doctor or credentialed diabetes educator (CDE) for their advice about which one will suit your particular needs best, and they'll also be able to show you how to use it properly, because technique is important to ensure an accurate reading. However, there are also a few features to consider from the outset. Asking yourself the following questions can be a good place to start.

## *How easy is it to use?*

What's 'easy' varies from person to person, but a few features to look out for include no coding technology (so you don't have to manually input a code into the meter every time you start using a new pack of test strips to calibrate it); a shorter rather than longer test-time wait (5 seconds or less is ideal); and a strip ejector or release button. Testing reminder alarms may also be useful.

Meters – and their display screens – come in a few different shapes and sizes, which means some are easier to read results from than others. If visibility is a key consideration, choose a meter that has a larger display screen. One or two meters also have a 'talking' function so they can speak your reading to you. CareSens N Voice is one example.

## *How good is your eyesight?*



*Do you  
like your  
devices to be  
tech-savvy?*

A fair few of the most recently released meter models have apps that they pair with via Bluetooth. As well as being nifty, this can also be a really handy feature.

Different apps have different features, bells and whistles, but they typically allow you to view patterns and spot trends in your readings, get alerts and advice when readings are too high or low depending on your target range, and it also makes sharing your readings and reports with your doctor or CDE really simple. App-equipped meters include some of the Contour, True Metrix and Accu-Chek models.

*How  
important  
is size?*

While larger meters can be easier to hold, smaller meters can be easier to carry around and use on-the-go. It's a matter of personal preference, but if small and slimline suits you best, a couple of options include the Contour Next One meter or the CareSens N POP meter. If your hands suit a larger design, other meter models might work better for you.

*Are you a keen  
record keeper?*

As well as giving you an instant read so you'll know immediately if your blood glucose levels are in the target range, another reason for monitoring your blood glucose levels regularly is to help you identify patterns and changes over time.

And for that, you need to keep a record of your readings, for yourself and for your doctor or CDE. Most meters have some storage or memory capacity, but this can range from being able to store 99 to 2000 results. If you prefer to rely on your meter keeping your readings rather than writing them down, it might pay to choose one with a larger capacity. ■

## HOW TO ACCESS A FREE BLOOD GLUCOSE METER

If you've been diagnosed with any type of diabetes, the easiest way to get your hands on a free blood glucose meter is by registering with the NDSS, if you haven't already, by filling out the registration form available at [ndss.com.au](http://ndss.com.au).

Once you've registered, you can choose from around 30 different meters, depending on which one suits your needs best. Some are available from your doctor or CDE, while others can be ordered directly from the supplier. Click on the 'NDSS products' link on the NDSS website and read the 'How to access a free blood glucose meter' information for more details and instructions. You can also call the NDSS helpline on 1800 637 700.

Testing strips for all of the meters available for free through the NDSS are also available at a significantly subsidised price (and sometimes for free) for concession card holders. Order forms for blood glucose testing strips are also available on the NDSS website, and usually need to be lodged in person at a local NDSS Access Point, which are often community pharmacies.

Visit the website or call the helpline to find your nearest one.





# SWEET SAVIOUR

A recent study shows that increasing the availability of one of the newer classes of diabetes medications could prevent many people with type 2 diabetes from developing end-stage kidney disease.





Almost 7000 Australians could be saved from end-stage kidney disease over the next 20 years if we focused on widespread delivery of newer diabetes medications to address this costly complication, according to Baker Heart and Diabetes Institute research.

A new study modelled the impacts of different interventions on the future incidence of end-stage kidney disease, one of the most expensive and burdensome complications of diabetes.

More than a third of all people with type 2 diabetes have chronic kidney disease, which can eventually

lead to end-stage kidney disease (kidney failure), a condition that requires kidney dialysis or transplantation for survival.

Type 2 diabetes affects the kidneys in several ways: first, the initial change on the path to type 2 diabetes, insulin resistance, is itself associated with chronic kidney disease. In turn, insulin resistance, or the metabolic syndrome, is also strongly linked to high blood pressure and altered cholesterol levels, which can also damage the kidneys. Finally, the high blood sugar that is characteristic of type 2 diabetes can itself damage the kidneys.

Unfortunately, many people with type 2 diabetes don't even know they have, or are at risk for, chronic kidney disease as there are no overt symptoms early in the disease process. This means it can often be missed. This is further compounded when there are barriers to accessing healthcare, specifically blood tests for the disease.

Ultimately, these factors mean that people with type 2 diabetes are 10 times more likely to develop end-stage kidney disease than those without diabetes. This also means that detection, prevention, and treatment of chronic kidney disease is very important for people with diabetes.

The study by the team at the Baker Institute predicted that the number of people with diabetes developing end-stage kidney disease each year will increase by almost 60 per cent in Australia by 2040. ►



## research

However, widespread use of a newer class of diabetes medications, called SGLT2 inhibitors, was predicted to result in a large reduction in the number of people developing end-stage kidney disease – preventing 12 to 21 per cent of all new cases.

Furthermore, when compared to diabetes prevention measures like a tax on sugary drinks or a large-scale lifestyle modification program for people at risk of diabetes, SGLT2 inhibitors were predicted to prevent a lot more cases of end-stage kidney disease than those interventions.

SGLT2 inhibitors lower blood sugar by increasing the amount of glucose in the urine. SGLT2 is a protein in the kidney that transports glucose from the urine back into the bloodstream. This usually means there isn't any glucose left in the urine. However, by blocking this protein with the drug, the amount of glucose in the urine increases, causing blood glucose levels to decrease.

Blood glucose lowering usually lowers the risk of kidney disease by itself, as high levels of glucose can be toxic to kidneys. However, this new class of drug has been shown to have a whole host of benefits that don't appear to be related to blood sugar levels, including some exceptional benefits for kidney and cardiovascular disease.

Lead author and PhD candidate, Jedidiah Morton, says the research demonstrates how impactful widespread use of SGLT2 inhibitors could be, and illustrates the need to move diabetes treatment away from a focus only on controlling blood sugar to addressing the damaging complications diabetes can cause to the heart and kidneys as well.

Originally designed as a glucose-lowering drug, the extra protective effects on the heart and kidneys of SGLT2 inhibitors were somewhat of







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a welcome surprise when discovered a few years ago. However, SGLT2 inhibitors are still only subsidised for patients who meet specific blood sugar levels and kidney function measures.

“Right now there are a large number of people with diabetes who could benefit from these medications but are missing out, because SGLT2 inhibitors are still primarily treated as blood sugar lowering drugs by regulators,” Mr Morton says.

“But this is a very ‘glucose-centric’ view of the drugs and means that their other recorded benefits – including for the improvement of kidney health – are not as easily available to a large number of people with diabetes.

“What we show in our study is that if you allow people with impaired kidney function to start these drugs, some of whom are still restricted from access to them, we will see a much quicker reduction in end-stage kidney disease at a population level.

“What’s more, these people with diabetes who have lower kidney function are at the highest risk of developing end-stage kidney disease and ending up on dialysis, so it’s even more crucial they have access to these drugs.”

The Baker Institute research follows a recent report from the George Institute for Global Health, which shows for every \$1 invested

Melbourne resident, Ray Barnes, likes to keep busy. At 76, she is still doing locum work as a social worker for an aged care organisation, learning Italian and trying to maintain regular exercise to continue her weight loss journey. Diagnosed with type 2 diabetes in 1994, Ray was alerted to the early signs of kidney disease about four or five years ago. She is scared about the potential prospect of kidney dialysis one day, and is doing everything in her power to maintain her quality of life. This includes engaging in regular exercise and taking SGLT2 inhibitors.

## QUESTIONS TO ASK YOUR DOCTOR WHEN CONSIDERING SGLT2

- ▶ Am I at risk of developing kidney problems in the next five years?
- ▶ Do I have any early signs of kidney problems such as protein or albumin in the urine?
- ▶ Are there any changes that could be made to my medication or lifestyle to reduce my chances of developing kidney problems or other consequences of diabetes?

in making SGLT2 inhibitors more widely available in Australia, almost \$5 in benefits could be returned to society from a reduction in kidney and heart disease.

The study’s senior authors, Head of the Baker Institute’s Diabetes Complications Program, Professor Dianna Magliano, and Baker Institute Deputy Director and endocrinologist, Professor Jonathan Shaw, say it’s critical for all people with type 2 diabetes to know that there are medications that can reduce their chances of developing serious kidney disease.

“It will also be important to put pressure on regulatory bodies to change the availability of these diabetes drugs, because at the moment Australia is behind the eight ball,” Professors Magliano and Shaw say.

They also noted that while diabetes prevention measures were not as effective as SGLT2 inhibitors in preventing kidney failure in the next 20 years, preventing or delaying diabetes would certainly have important long-term benefits for kidney health, as well as for a range of other health outcomes. ■





## GET WITH THE PLAN

By providing an organised, written approach to your care, a **GP management plan** can help you manage your diabetes well. These plans allow you to receive a Medicare rebate when seeing health professionals, such as CDEs, dietitians, podiatrists and exercise physiologists. For more information about GP management plans, talk to your GP, CDE or practice nurse.



# YOUR DIABETES ANNUAL CYCLE OF CARE

The diabetes annual cycle of care from NDSS is a checklist for reviewing your diabetes management and general health. Your general practitioner will do this review to help you and your diabetes health care team manage your diabetes, and reduce your risk of diabetes-related complications. It's important to do this to identify concerns early and discuss treatment with your doctor and diabetes health professionals. Without regular checks, diabetes can lead to complications that can affect your whole body, including your kidneys, eyes, feet, nerves and heart.

## **THE ANNUAL CYCLE OF CARE INCLUDES THE FOLLOWING HEALTH CHECKS:**

### **HbA1c**

This blood test reflects your average blood glucose level over the last 10-12 weeks. This should be done at least every 6-12 months, or more often if required. The general recommendation is to aim for a reading of 53mmol/mol (7%) or less. HbA1c targets can be different for different groups so it's important to discuss your individual HbA1c target with your doctor or credentialled diabetes educator (CDE).

### **Blood pressure**

Your GP or practice nurse should be checking your blood pressure at every visit or at least every six months. As a general guide, the target for people with diabetes is 130/80 or less. If you have existing cardiovascular or kidney disease, your doctor will advise you on a blood pressure target to meet your individual health needs. Research has shown that keeping blood pressure on target decreases the risk of stroke, heart, kidney and eye disease, and nerve damage.

### **Foot assessment**

Your GP, CDE, practice nurse or podiatrist should conduct a foot assessment to check the blood supply and sensation in both of your feet. If your feet have been assessed as low risk, you should have a foot assessment every year. If your feet have been assessed as intermediate or high risk, you should have a foot assessment at least every 3-6 months. Daily foot care is essential. Get to know your feet and check them every day. If you can't reach your feet, you can use a mirror or have someone look at them for you.

For more information about how to look after your feet, talk to your GP, podiatrist or diabetes health professional. You can also ask your GP if you are eligible for a management plan to see a podiatrist under Medicare.

### **Eye examination**

Damage to the small vessels in the back of your eyes can occur even without your knowledge. That's why it's essential to have your eyes checked regularly by an optometrist or eye specialist (ophthalmologist) for diabetes-related damage. This is recommended every two years or more often, as directed by your health care team.

If you do notice any changes in your vision, it's important to contact your GP or eye specialist as soon as possible. ➤



## health care

### Kidney health

If your blood pressure and blood glucose levels remain high over time, this can increase the risk of damage to your kidneys. Every 12 months your GP or endocrinologist will arrange a urine test to check for protein in your urine (albuminuria).

A blood test to assess your kidney function is also recommended.

### Blood fats (cholesterol and triglycerides)

Healthy cholesterol and triglyceride levels will reduce your risk of diabetes-related complications.

Your doctor will check your blood fats. As a guide, aim for:

- › Total cholesterol of less than 4mmol/L
- › LDL (bad) cholesterol of less than 2mmol/L
- › HDL (good) cholesterol of 1mmol/L or higher
- › Triglycerides of less than 2mmol/L.

### Weight, waist and body mass index

If you are carrying extra weight, losing even a small amount of weight (5-10%) will help reduce your blood pressure, blood glucose levels and cholesterol.

One way to assess your weight is by using the Body Mass Index (BMI). This measures whether or not you are in the healthy weight range. It's calculated by dividing your weight in kilograms (kg) by your height in metres squared (m<sup>2</sup>). You can also use online calculators to know your BMI. A BMI between 18.5 and 24.9 is within the healthy weight range.

Your waist measurement is also an important indicator of your health risks. The recommended waist measurement is less than 94cm for men and less than 80cm for women.

These targets are for people from European backgrounds. Different target ranges may be used if you are from Asian or Pacific Islander backgrounds. Speak to your doctor or diabetes health professional about the BMI and waist targets that are right for you.

### Healthy eating

Following a healthy eating plan will help you achieve the best possible blood glucose and cholesterol levels, and help you manage your weight. You can also ask your doctor if you are eligible for a management plan to see a dietitian under Medicare.

### Physical activity

Be physically active. For good health, aim to do at least 30 minutes of moderate physical activity (such as brisk walking, swimming or cycling) on most, if not all, days of the week. You can also incorporate light exercise into your daily routine. For example, choose to climb the stairs instead of using the lift or hang washing outside instead of using the dryer. The best activity is one that you enjoy and gets you moving. It's also important to limit the amount of time you spend sitting and being sedentary.

Before starting any new exercise or activity program, check with your doctor to make sure it's suitable for you. If you are on insulin or other glucose-lowering medications, you may need to take special precautions when exercising to prevent your blood glucose level from dropping too low (thereby increasing the risk of hypoglycaemia or 'hypo'). Make sure you discuss this with your GP, endocrinologist or CDE. Your level of physical activity will be reviewed as part of your annual cycle of care. An exercise physiologist can develop a program that is right for you. Ask your GP if you are eligible for a management plan to see an exercise physiologist under Medicare.





## Medication review

A review of your medications helps ensure that the combination of all your current medications is safe and that the doses are right for you. You may be eligible for a free Home Medication Review. This would involve the pharmacy of your choice conducting a thorough review of all your medications in your own home. Ask your GP for more information.

## Diabetes management

Your diabetes health care team will review your overall diabetes management and provide advice on how to keep your diabetes on track.

## Smoking

If you are a smoker, quitting can help reduce your risk of diabetes-related complications and improve your overall health. Some people find it hard to quit, so if you feel you cannot give up smoking on

your own, ask for help – talk to your GP or call the Quitline on 137848.

## Emotional health

Your emotional health is also important. If living with diabetes is making you feel anxious or distressed, discuss how you're feeling with your family, friends and diabetes health professionals. They can help you access the support you need. ■

## YOUR ANNUAL CYCLE OF CARE CHECKLIST

| CHECK                    | WHEN                                                                            | TARGET                                                                                                                  |
|--------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| HbA1c                    | At least every 6-12 months                                                      | 53mmol/mol (7%) or less                                                                                                 |
| Blood pressure           | At least every six months                                                       | 130/80 or less                                                                                                          |
| Foot assessment          | Low risk feet: At least every year<br>High risk feet: At least every 3-6 months | Foot health maintained                                                                                                  |
| Eye examination          | At least every two years                                                        | Eye health maintained                                                                                                   |
| Kidney health            | At least every year                                                             | Urine albumin levels in target range<br>Kidney function test in target range                                            |
| Blood fats               | At least every year                                                             | Total cholesterol less than 4mmol/L<br>LDL less than 2mmol/L<br>HDL 1mmol/L or above<br>Triglycerides less than 2mmol/L |
| Weight                   | At least every six months                                                       | BMI 18.5-24.9                                                                                                           |
| Waist circumference*     | At least every six months                                                       | Less than 94cm (men)<br>Less than 80cm (women)                                                                          |
| Healthy eating review    | At least every year                                                             | Following a healthy eating plan                                                                                         |
| Physical activity review | At least every year                                                             | At least 30 minutes of moderate physical activity, five or more days a week and minimise time spent sitting             |
| Medication review        | At least every year                                                             | Safe use of medications                                                                                                 |
| Smoking                  | At least every year                                                             | No smoking                                                                                                              |
| Diabetes management      | At least every year                                                             | Self-management of diabetes maintained                                                                                  |
| Emotional health         | As needed                                                                       | Emotional health and well-being                                                                                         |

*Note: The targets listed are for adults with diabetes. Different targets apply to children and adolescents.*

*\*BMI and waist circumference targets may not apply to non-European ethnic groups.*

## The NDSS and you

A wide range of services and support is available through the NDSS to help you manage your diabetes. This includes information on diabetes management through the NDSS Helpline and website. The products, services and education programs available can help you stay on top of your diabetes.

*This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.*

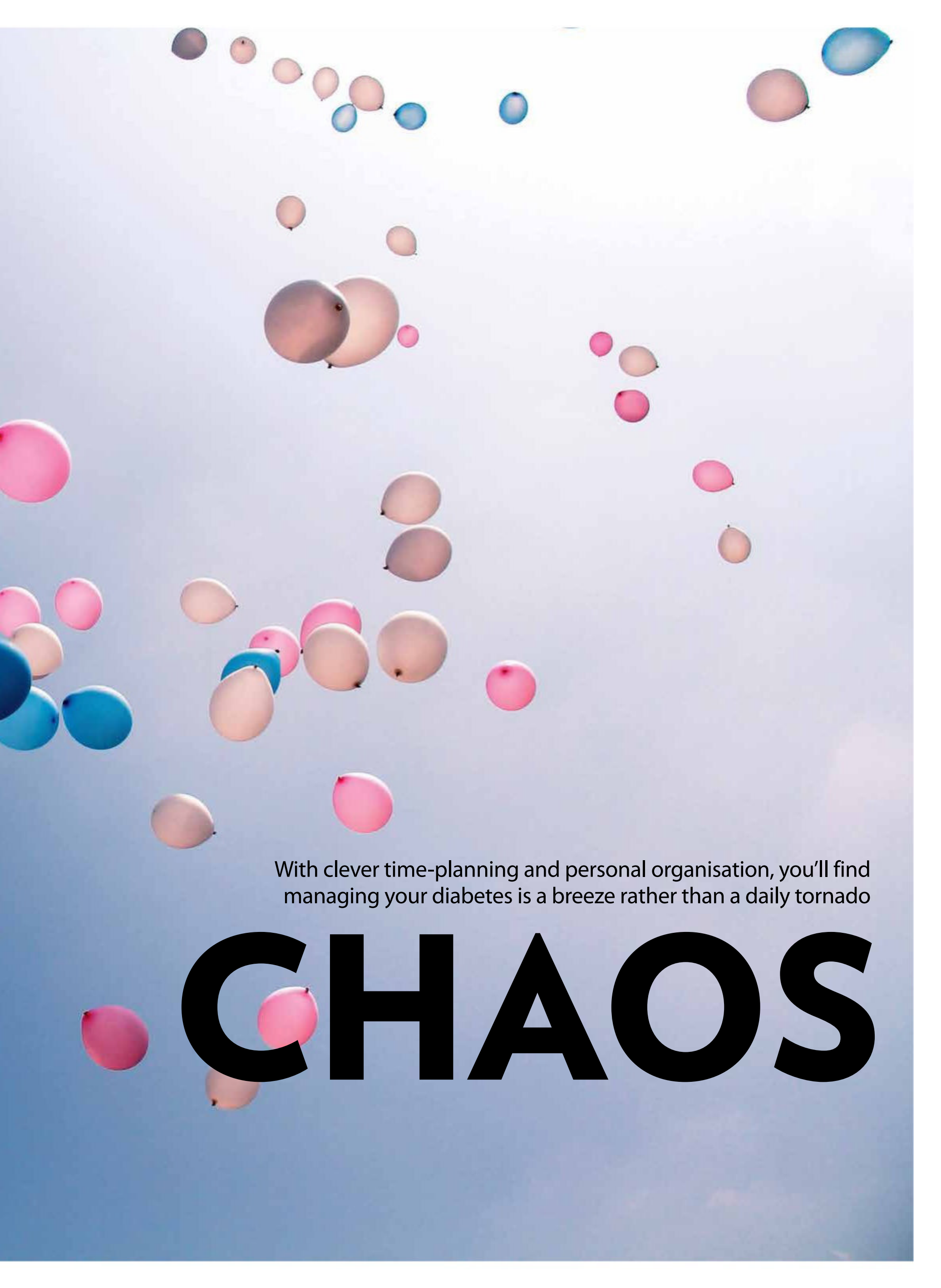




# CALM

# YOUR





With clever time-planning and personal organisation, you'll find  
managing your diabetes is a breeze rather than a daily tornado

# CHAOS





When you can't keep up with life's daily demands – you're always late for appointments, forget to pay your bills and often arrive home to an empty fridge – it's a sure sign you need a personal organisation overhaul.

Feeling time-poor is common in our busy world, and having diabetes means you have one more element to manage. Good time management and organisation are essential skills to help you avoid the stress and exhaustion that can lead to poor diabetes control and weight gain. Whatever your age or stage of life, putting systems in place will put an end to chaos and help you streamline serenity for a calmer, more productive existence.

"Planning ahead and creating healthy routines provides supportive scaffolding for day-to-day life," says psychologist Dr Elizabeth Foley. "It enables you to feel more organised, which makes your head clearer and your day less stressful. Even just doing one thing differently, like adding half an hour of exercise or meditation daily, can give you a huge sense of achievement, control and momentum to make more positive change."

Try these ways to become more time-savvy and replace daily chaos with calm to stay on top of your condition.

## **SORT PAPERWORK**

**Establish systems that will keep you on top of that ever-growing pile in your in-tray. "Try to handle every piece of paper only once", says Jacqui Manning, a psychologist with Sydney's Darling Health. "For example, pay your electricity bill straightaway, note the receipt number, then file it."**

**Keep paperwork for upcoming events – concert tickets, documents for your car registration and information on medical appointments – in a designated folder. Flag important diary dates in a calendar.**

## **MANAGE TIME**

Tiredness is time management's enemy. "So, when your mind says, 'I'm too tired to do this,' test this thought," says diabetes educator and health psychologist, Lisa Engel. "If someone called for coffee, would you be too tired to go? If the answer is yes, your fatigue could be a habit."

Feelings of weariness can be a symptom of low-level depression but, while you should seek medical treatment if this persists, you may be able to energise yourself with a simple change of pace.

"If you've had a reasonable sleep and your blood sugars are below 15mmol/L, challenge that habit. Instead of sinking into the couch, which will make you more tired, stay active and you'll realise you have more energy than you think," adds Lisa.

A positive approach is the first step to identifying some clear-cut methods to manage your time.

## **STOP INTERRUPTIONS**

Whether at home or work, make sure those around you understand that there are times when you're focused elsewhere and should not be interrupted. Make it clear you're unavailable by screening calls, closing the door or hanging a 'Do not disturb' sign on it for an hour.

If you have a busy day ahead, try to keep your phone conversations short by saying to the caller, "Sorry, this has to be a quick call as I'm on my way to an appointment."

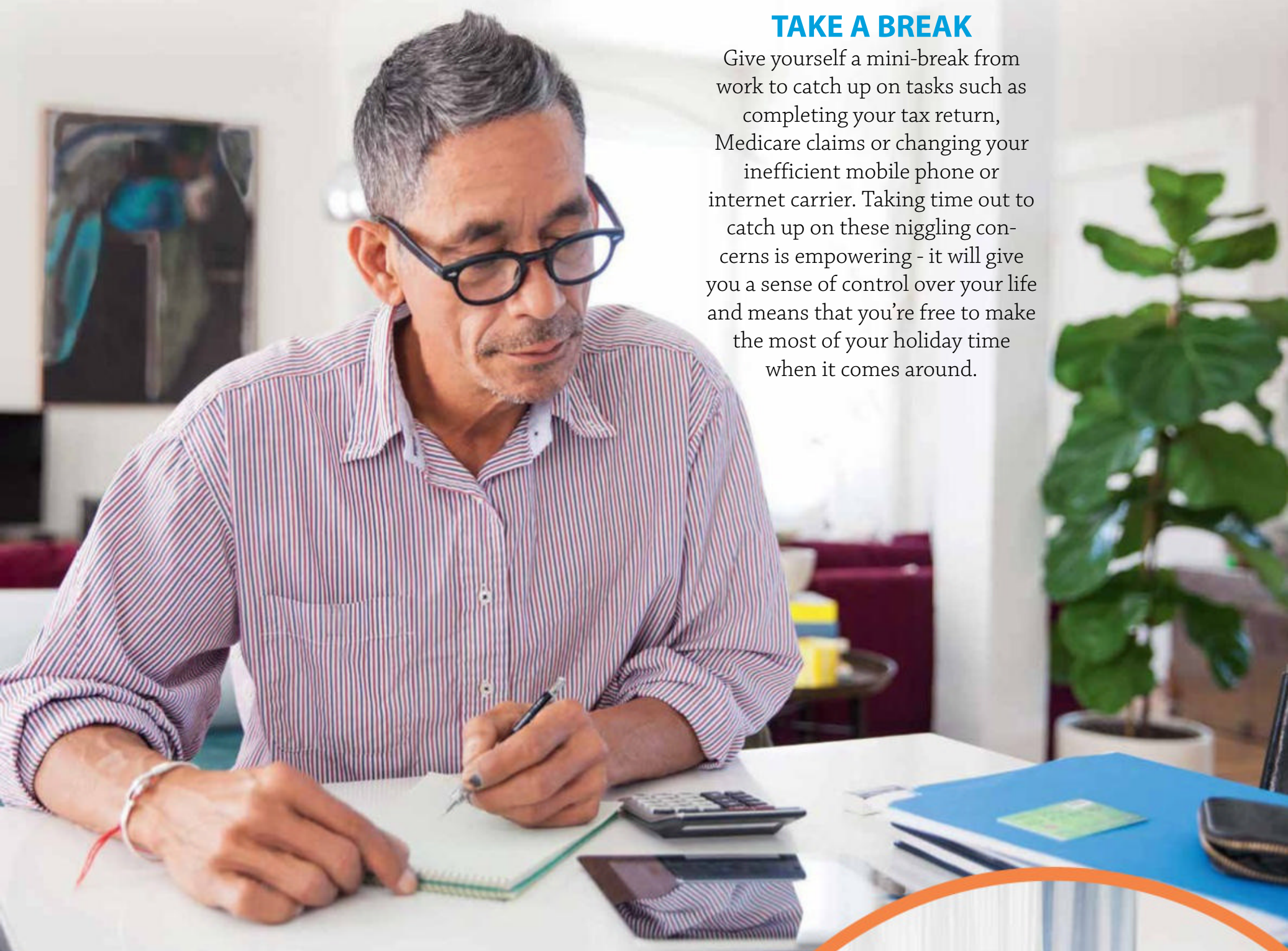
Plan ahead so you don't waste any time – arrange meetings and appointments so they dovetail efficiently. For example, set aside a particular day to deal with medical matters or home repairs and tradespeople.





### TAKE A BREAK

Give yourself a mini-break from work to catch up on tasks such as completing your tax return, Medicare claims or changing your inefficient mobile phone or internet carrier. Taking time out to catch up on these niggling concerns is empowering - it will give you a sense of control over your life and means that you're free to make the most of your holiday time when it comes around.



### IMPROVE YOUR HEALTH

Create routines that build diabetes management into your everyday life. Make use of the longer days by getting up half an hour earlier and taking a walk to energise you and kick-start your metabolism for better blood glucose levels. Prime your mobile phone with reminders to do BGL tests so they become a habit that is second nature.

### TURN OFF TECHNOLOGY

Switch off your phone for an hour while you catch up on paperwork and bill-paying, or exercise with a streaming yoga class. Ignore messages unless they're urgent and set aside only one or two blocks of time every day to check emails, tweets and texts.





## life management

### SEEK FINANCIAL SUPPORT

Diabetes can be a constant drain on your finances. “This may make you more resentful about your condition, or put your health at risk if money worries lead you to skimp on supplies, medical appointments or testing BGLs,” says Deb Foskett, a diabetes educator and registered nurse.

The following pointers can help reduce the financial pressure.

**Cheaper supplies:** Register with the National Diabetes Services Scheme (NDSS) to get scripts and supplies at discounted prices.

**Chronic Disease Management plan:** Medicare can provide you with five bulk-billed allied health visits to healthcare providers, such as podiatrists, dietitians and diabetes educators.

**Tax relief:** Keep receipts for medical consultations, operations, scripts, equipment, test strips and insulin-pump supplies. “Ask for an itemised statement from Medicare, your private health insurer and pharmacist to help calculate the amount you’re out of pocket after rebates,” says Deb. At tax time, you can claim 20 per cent of any amount above \$1500.

**Medicare rebates:** These are available for doctors’ visits, and other costs such as dietitian fees, if your doctor has referred you. Your private health insurer may also offer a rebate.

### PRIORITISE TASKS

In your diary, set specific goals with timelines. Psychologist Jacqui Manning suggests you give your to-do list a rating.

**A = To-do tasks**

**B = Should-do tasks**

**C = No consequences, if you don’t do**

**D = Delegate to someone else**

**E = Eliminate, because you don’t need to do**

“As you complete the As and Bs, tick them off your list so you get a sense of progress and satisfaction,” says Jacqui.

### AVOID MED MAYHEM

Here’s how to keep on track with your diabetes supplies.

**Think ahead:** Note in your diary when your last script repeat is due to run out, then schedule an appointment with your doctor a few weeks ahead so you don’t run short of meds or supplies such as insulin.

**Set aside a cupboard:** Clean out or install a cupboard, or buy a plastic three-tiered set of drawers. Use it to house your diabetes supplies. “When you get down to one box of insulin, organise new supplies that day,” says Deb Foskett.

**File it:** Buy a concertina file to keep referrals, prescriptions, doctors’ letters and contact details. “If you lose scripts, have your pharmacy hold them for you.”

**Keep a health diary:** “Use it to jot down your BGLs, the time you checked them and what insulin you had or meds you took today,” says Deb.

**Track medical appointments:** Buy a calendar to note your appointments, blood tests, and so on.

**Save shelf space:** Use it to store carbs counters, menu planners and recipe books in one spot.

### TIDY UP

*Clearing away mess and clutter can help you feel and become more efficient.*

#### Fridge notes

Transfer them to a noticeboard and clean it up every month.

#### Bulging cupboards

Go through them regularly and throw out anything you haven’t used for a year.

#### Kids’ drawings

Have a monthly ‘art showing’, where your kids pick two drawings to keep in their art folder. Take a digital photo of the rest, then give them to grandparents.

#### Paper trails

Buy an upright file organiser with partitions, then store paperwork, such as bills, school information and invitations, in labelled slots.

#### Overflowing shelves

Get rid of old books, clothes, games and toys. Install shelves and add hooks inside cupboards to maximise use of storage space.

#### Garage clutter

Make a note of council clean-up days so you can chuck out any unwanted items, such as old microwaves and bikes, that are cluttering up the garage. When you buy a new TV or couch, try selling the old one on eBay.



PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK





## FOOD FORMULA

Do you only think of food at mealtimes? Then you're more likely to eat takeaway and toast, and skimp on important nutrients. You can avoid these meal roadblocks with forward planning.

### ***"I've got nothing in the fridge."***

"Each week, write a meal plan and make a shopping list to ensure you have the right ingredients at hand. This means you won't have to race to the shops for one ingredient – time that could be spent on cooking a healthy meal," says Melanie McGrice, a dietitian and spokesperson for the Dietitians Association of Australia.

### ***"I worked back and it's too late to cook dinner."***

Every month, have a cook-up. Make meals, such as stews, soups and spaghetti bolognese, then freeze them to use when you need an instant meal.

### ***"It's a stretch to get to the supermarket."***

"Set up a standard shopping list with an online supermarket and have groceries delivered to your door," suggests Melanie.

### ***"I don't have time to make lunch."***

"Simply grab a paper bag and throw in some fruit, a tomato and avocado, a handful of button mushrooms and couple of slices of grainy bread to prepare a healthy sandwich at work for lunch," says Melanie.

### ***"Cooking is such a chore."***

Put on some of your favourite music while you're cooking dinner and you'll feel much more energised – and maybe even a bit more creative!



## TIME SAVERS

Check that your doctor is running to time.

Write a generic shopping list and put it on your computer.

Clean one room each weekday to free up the weekend from housework.

Install a hook where you can hang your keys.

Break that big goal down into sub-tasks, then tackle them.

Lay out your work clothes the night before.

Alternate school and sport-training pick-ups with other parents.

Avoid travelling in peak hours.

Line the grill/oven base with foil to save on cleaning.

## FOR MORE INFORMATION...

National Diabetes Services Scheme: [ndss.com.au](http://ndss.com.au)

Australian Taxation Office: [ato.gov.au/individuals](http://ato.gov.au/individuals)

Department of Health and Ageing Chronic Disease

Management plan: [health.gov.au/mbsprimarycareitems](http://health.gov.au/mbsprimarycareitems)

Diabetes Australia: [diabetesaustralia.com.au](http://diabetesaustralia.com.au)



# FUNDING MORE JOY

Looking at your finances through the lens of what matters most to you can revolutionise how you spend — and how you save. Here's how to make that shift

**M**aking a budget can sometimes feel like punishment. Tracking every expense and reining yourself in before you overspend in various categories can be agonising.

Factor in your healthcare expenses and it can be an even more frustrating endeavour.

But budgeting is often essential, especially when you need to make sure you have enough to cover the cost of your healthcare. Even with good health insurance, the amount of money that people with diabetes have to pay out of pocket is not insignificant.

Enter values-based budgeting, an approach to budgeting that focuses on aligning your spending with what's important to you. When you budget in this way, you choose to spend money on the things that matter in your life and, perhaps more importantly, choose to spend less on the things that don't. This can make budgeting feel less like penance and more like using your money to shape the life you want and appreciate.

"I was looking for support in being able to plan ahead and to think about where my money was going," says Lourdes Laguna, 34, who has type 1 and sought help with her own budgeting and has now overhauled her approach to money. "You get the opportunity to think critically about your values and then spend your money according to them."

Here are some steps you can take to try a values-based approach to money.

## IDENTIFY WHAT'S IMPORTANT TO YOU

This might be your family, your health, or giving back to your community. Rather than listening to what financial experts say you should value, take the time to think about what you value as a person, and what's important to you.

"If you had a million dollars, what would you do with it?" asks Keina Newell, a financial coach and founder of Wealth Over Now, a financial coaching and education company. "As you start to think about, 'I would pay off debt,' or 'I'd be sure my family's homes were paid off,' you'd start to see what you value." Laguna, for instance, values a healthy livelihood, travel, long-term financial security, and philanthropy. And she realised that although she'd made her health a priority, she hadn't prioritised it in terms of her finances.



A white dog, possibly a Samoyed, is sitting upright in a green canoe on a calm lake. The dog is looking towards the right. A person's hand is visible on the right, holding a silver paddle. The background shows a shoreline with trees and a clear sky. A yellow circular callout is in the upper right corner.

If getting away  
brings you peace you  
may value travel. Skip  
work lunch outings and  
put that money in a  
travel fund instead.





## SEE WHERE YOUR MONEY'S BEEN GOING

Take your last two months' bank and credit card statements and go through them, assigning each expense to a category. At the end, you should have a good idea of the areas where you're spending the most. "A lot of people don't have any idea where their money is going," says financial planner Leslie Beck. "Either they don't have time to look or they don't want to look. And they're usually shocked at what they find."

Now compare where your money's been going to where you want it to go. Does your spending align with the things you said you value? If you say you want to be debt-free, for instance, are you paying more than the minimum on your credit card?

Laguna realised through this exercise that she was spending more money than she expected on groceries and eating out. "Now I'm re-evaluating the way I spend money at the supermarket and what I get when I'm out to eat, just eating less frivolously," she says.



If simple pleasures make your day you may value your coffee dates. Hit the library over the book-store and use the saved cash to meet up weekly with a friend.

## DECIDE WHAT NEEDS TO SHIFT

In order to say yes to the things that are important to you, you're going to have to say no to other expenses. For instance, say you've decided exercise is important enough to you to join the nice gym that's near your office. That might require saying no to ordering takeaway three times a week. If you're unsure about what to ditch, give each expense a number rating, from 1 (not at all important) to 10 (very important). This will help you pinpoint the things you could probably painlessly cut from your budget.

You might also realise that you have big expenses that aren't aligned with what's most important to you. Maybe you're stuck in a tight budget cycle because you bought too much house or too much car. Downsizing your house is a big endeavour, and most people aren't going to list their home to fix this imbalance. But it can give you something to think about the next time you move. In the meantime, your newly identified priorities can help you adjust the rest of your spending accordingly.

While this exercise involves making choices, it's not meant to be draconian. You don't have to think of every single thing you spend money on as a steppingstone. "Ideally the choices we make will all be ones that move us towards achieving our goals, but that kind of single-minded focus is difficult, if not impossible," says Beck. "Having a takeaway coffee every morning isn't going to help achieve your goals, but if it helps you feel better or brings you joy, that's OK, as long as that purchase is a conscious one," she says. "We can't just go through life with this difficult mindset where everything has to be hard. It's about using your resources to help bring you joy."



## **SPEND (AND SAVE) ON THE IMPORTANT STUFF FIRST**

It's difficult to get a handle on your finances if you're always spending reactively. It can help to change your mindset to one of funding your life with your paycheques rather than using your paycheques to pay for things you've already purchased. Newell recommends software like *You Need a Budget*, which teaches you to only spend the money that you have – not the money that you'll eventually have.

"When you get paid, you're allocating that money towards the different categories of your life," Newell says. "Out of every paycheque, you're setting aside \$50 toward savings, \$100 toward groceries. You're proactively thinking about how that money funds your values, goals and lifestyle."

This also requires setting aside money for things that happen every so often – like oil changes for your car, your Costco membership renewal, or wedding and birthday gifts. "I refer to those as unpredictable expenses, more so than unexpected expenses," says Sean Michael Pearson, a financial advisor with Ameriprise Financial Services. "Every appliance in your house is going to break, but it's unpredictable when it will happen. When you're doing values-based budgeting, the easiest way to get knocked off track is one of those unpredictable expenses."

To build unpredictable expenses into your budget, look at what you spent on that category over the previous 12 months. Or, for expenses that you anticipate at some point in the future, like replacing your home's roof, do some research to get an estimate of the cost. Take either total and divide it by the number of paycheques you'll receive, then set

that money aside each paycheque. That way, you'll be covered the next time that expense rolls around.

"I was able to see that I can put money away incrementally for the things I value, and then be comfortable doing the things I want to do outside of that," Laguna says. For instance, Laguna now puts \$300 a month away to help her cover varying healthcare costs. "None of those costs are on a regimented schedule," she says. "I didn't [use to] know where that money was going to come from." Now, she says, when her healthcare expenses arise, "the \$300 has been adequate in covering all of my medical needs."

One thing to keep in mind is that overhauling your budget won't be

immediate, so be patient. "To truly change a budget, you might need a little time," Pearson says. "I can spend less on a car, but maybe not until this car payment is done. It might take time to really make noticeable differences."

Once you commit to values-based budgeting, it can make money management feel more like a way to control your life – versus your money controlling you. This technique allows you to "Marie Kondo" your purchases: If it doesn't bring you joy, spend less money on it. "You prioritise the things that matter most and become more in tune with your spending habits," Laguna says. "It's a mindset shift." ■







# HEALTHY LIFESTYLE CHANGES

An all-or-nothing extremism can potentially derail your health goals before you get past Day One. Make gradual changes that get you closer to your overall goal



# 1

## EAT LESS SUGAR

Sources estimate the average Australian adult eats 60 grams of sugar per day – the equivalent of 14 teaspoons (or 952 kilojoules). The World Health Organization (WHO) advises no more than 10 per cent – and ideally less than 5 per cent – of total kilojoules per day should come from added sugars.



# 2

## GO VEGETARIAN (OR CUT YOUR MEAT INTAKE)

Eat meat-free one night per week for your health, budget, and the environment. Stretch minced meat in burgers, tacos, and pasta sauces by using half the amount of meat and supplementing with chopped mushrooms and/or vegies. The meat will help flavour the vegies during browning, and the vegies will add more texture.



## DRINK MORE WATER - AND LESS OF EVERYTHING ELSE

Dehydration can cause your energy levels, cell and tissue regeneration, and immune functions to bottom out. Aim for 8 glasses of water a day (2L). Most soft drinks, energy drinks, juices, smoothies, and coffee shop drinks are loaded with kilojoules (mainly from sugar). That means cutting back on alcohol, too. While a nightly glass of wine can do your heart some good, most booze provides little nutritional value.

# 3

# 4

## SAY NO TO PROCESSED MORE OFTEN

Cut back on packaged convenience foods and foods made with artificial ingredients. Try to stick to unprocessed whole foods – fresh fruits and vegies, lean proteins, whole grains – and food made with real ingredients.



## lifestyle

# 5

### TAKE YOUR CUE

Next time you're reaching for a snack, take a pause and check in with your body. Are you hungry, or are you bored, stressed, thirsty, or reaching for lunch just because it's noon? If you're hungry, full steam ahead – but stop eating when you can feel the food in your stomach but you're not uncomfortable or overly stuffed.

# 6

### CHILL OUT

Sleep deprivation and stress negatively affect both mental and physical health (and can greatly reduce the longevity of a healthy life). The Sleep Health Foundation recommends 7 to 9 hours of sleep per night for adults. Recent research suggests getting 6 or fewer hours of sleep per night can have serious consequences for your concentration, memory, and immune system. Combat stress with exercise, meditation, holidays, and eating foods that positively affect your mood.

### STEP UP YOUR FITNESS

The Heart Foundation recommends 150 minutes of moderate exercise per week (at least 20 minutes a day) for cardiovascular health. Find enjoyment in taking group fitness classes, working out with friends, or listening to a podcast during a walk. At the very least, enjoy the post-workout endorphins.



# 8

### SHOW YOURSELF SOME GRACE

Lasting change takes time. An indulgent dinner or a lacklustre week at the gym will happen. Be kind to yourself and know missteps are normal and forgivable. It's not so much what you do in a single day but what you do in the long run. ■



# NEED-TO-KNOW FACTS ABOUT... DIABETES AND YOUR HEART

Diabetes means the risk of having a heart attack or stroke can be up to four times higher than average. Find out why and what steps you can take to support your heart health and minimise the risk.

**1** High blood sugar levels damage the heart's blood vessels over time. This makes them more likely to develop the fatty deposits that can eventually trigger a heart attack and some types of stroke. Plus, having diabetes can also mean you're more likely to have traditional heart attack and stroke risk factors, including high blood pressure and high cholesterol.

**2** Cardiovascular disease (CVD) is the main cause of death among people with diabetes. CVD includes stroke and the coronary heart disease that causes heart attacks, but it's also a broader term that takes in heart failure and valve disease. If you have diabetes your chances of dying from CVD are the same as someone who's already had a heart attack. In fact, two out of three people aged over 65 with diabetes will die from some form of CVD.

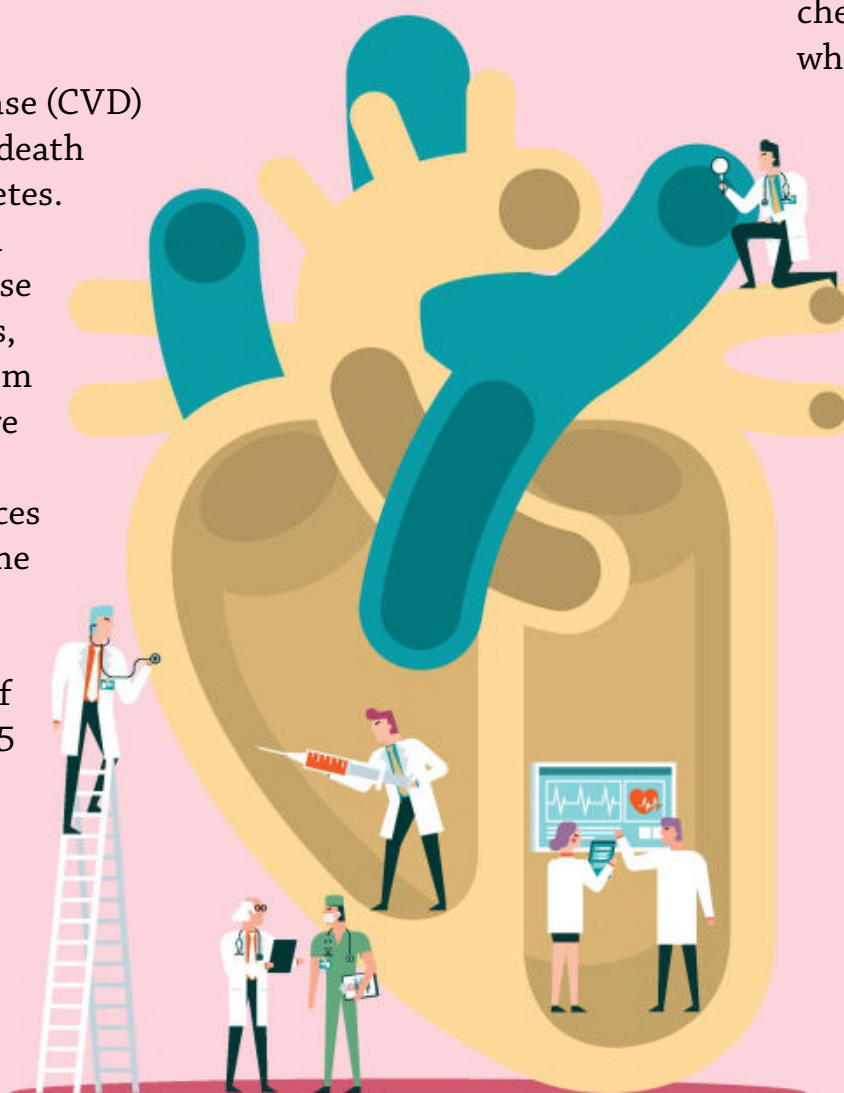
**3** CVD is the leading cause of death among all Australians. Someone dies of CVD in Australia every 12 minutes. The biggest cause of death from CVD is the progressive blocking of blood vessels from the build-up of those fatty deposits, with one Australian having a stroke or heart attack every four minutes.

**4** The longer you've had diabetes, the more likely you are to develop CVD. For example, research shows that people who have been living with diabetes for around five years have roughly half the risk of developing CVD as people who've had diabetes for 16 years.

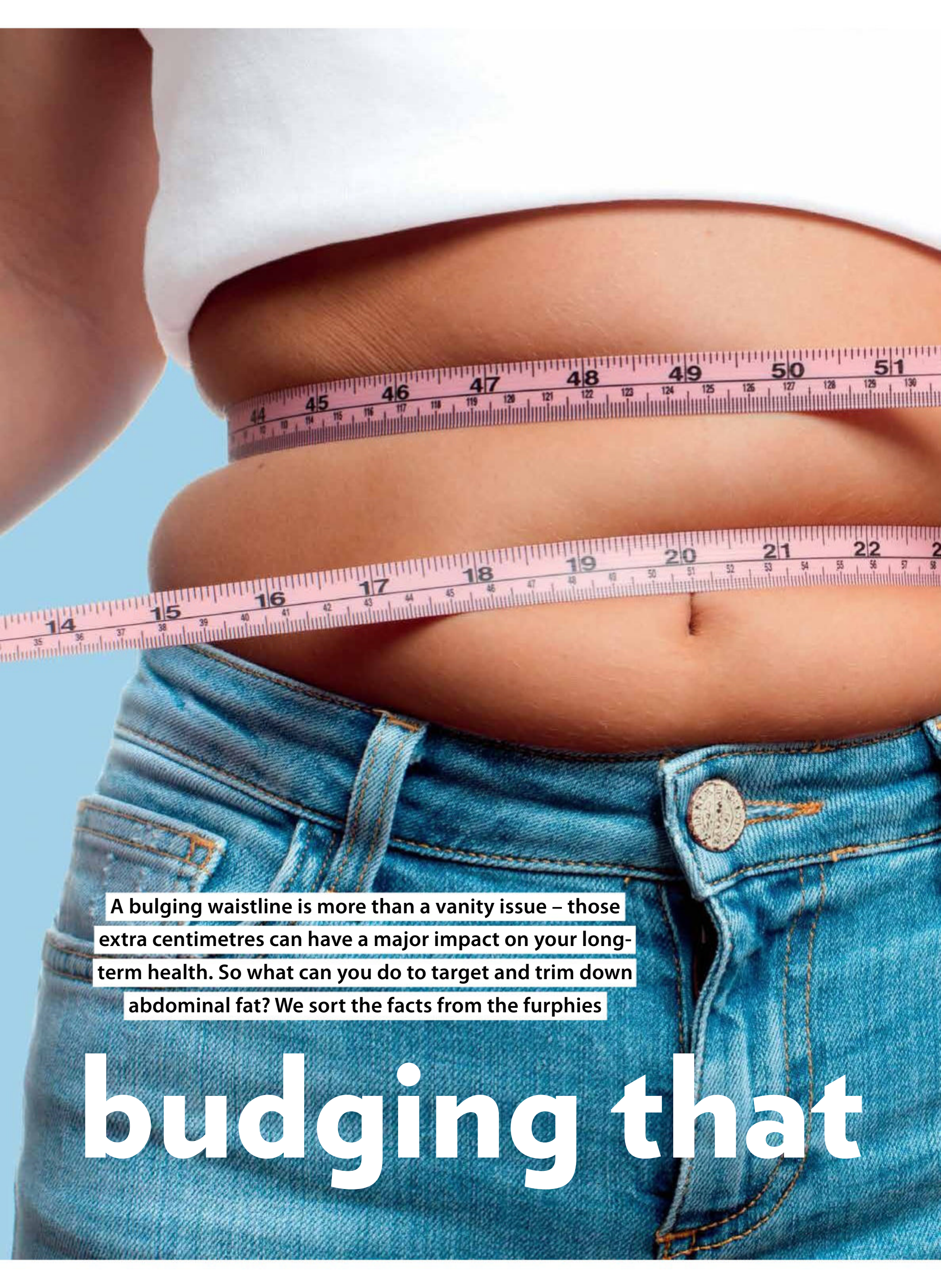
**5** CVD often goes undetected until symptoms occur. It means people don't always know they have it until they feel something. Symptoms vary depending on the type of CVD that's present, but they can include chest pain, shortness of breath, swollen limbs, dizziness, excessive fatigue or pain, weakness or numbness in the legs or arms.

**6** Getting a regular heart health check is vital to assess your risk of CVD. These 20-minute checks are covered by Medicare, which means they're free if you attend a bulk-billing medical practice. Your doctor will recommend how regularly you should have a heart health check, but every six to 12 months is typical if you have diabetes.

**7** There are things you can do to reduce your risk of CVD. As well as taking any medications that you've been prescribed by your doctor to control diabetes, blood pressure or cholesterol levels, it's also important to follow a healthy diet and exercise regularly. Losing weight, quitting smoking and limiting alcohol intake can also help reduce your risk of CVD. ■







A bulging waistline is more than a vanity issue – those extra centimetres can have a major impact on your long-term health. So what can you do to target and trim down abdominal fat? We sort the facts from the furphies

# **bulging that**





**W**hen you can't do up the zip up on last year's pants and your favourite jacket won't meet across your middle, it's a sure sign that you've put on weight around the waist.

While you will have gained weight all over, it's the extra belly fat that will be worrying your doctor. Why all the fuss? Well, developing abdominal fat is a giveaway sign that you're accumulating life-threatening visceral fat in your abdomen. Its dangers have spawned an entire industry dedicated to helping us trim our tummies with the aid of 'miracle' diets, fat-blasting pills and supplements, plus the latest so-called gut-stripping exercise equipment.

With so many conflicting (and sometimes dubious) claims on how best to lose belly fat, it's hard to know where to start. But don't let that put you off – taking action on abdominal fat will bring you major benefits.

### **Why is belly fat dangerous?**

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Unlike pinchable fat just beneath your skin surface, deep belly fat – or visceral fat in technical terms – penetrates well into your abdominal cavity and wraps itself around your vital organs. Visceral fat is very metabolically active and secretes harmful chemicals, known as adipocytokines, into the bloodstream. These chemicals have recently been shown to hasten the development of diabetes. They also encourage cardiovascular disease – a special concern when you have diabetes because your risk of heart problems is already two to four times higher than average, and is further compounded by belly fat and its toxic offspring.

### **Why does belly fat accumulate?**

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While some people are more prone to putting on weight around the middle – men and postmenopausal women, in particular – eating too much and exercising too little carries most of the blame for a spreading waistline. Other factors include chemical pollutants, such as cigarettes and alcohol, and emotional distress, such as depression, anxiety, anger and stress, which can drive hormonal changes linked with weight gain around the waist.

A US study found that apple-shaped women, that is, those with more abdominal fat, found laboratory challenges more threatening, performed more

# belly



## weight loss

poorly on tests, and reported more chronic stress. They also secreted significantly more cortisol, a stress hormone believed to encourage fat formation around the organs. Furthermore, these findings also applied to lean women with high waist-to-hip ratios, indicating that it is localised belly fat, not necessarily overall body fat, that is most harmful to health.

### What can you do about it?

The best insight into the secret life of abdominal fat comes via highly sensitive MRI or CT scans, which are able to target and measure visceral fat stores – the upshot being that reduced kilojoule intake, moderate exercise or a combination of both can effectively reduce it.

However, there are certain key factors that do appear to stoke the fat-burning furnace. A US study at Duke University found that exercising at a higher intensity enhanced visceral fat loss and, encouragingly, the more often people exercised, the faster the fat melted away. In another study focused on post-menopausal women with type 2 diabetes, it was found that those adding moderate-intensity aerobic exercise and a reduced-kilojoule diet saw a 13 per cent reduction in visceral fat tissue. This is compared to a 7.5 per cent reduction in the group aiming to lose weight by diet alone.

Resistance training – great for bone health and muscle tone – has also been shown to reduce abdominal fat.

And, don't let stubborn bathroom scales sabotage your efforts. Studies indicate that you can lose fat and build muscle, even with no apparent weight loss. The take-home message: make small, realistic changes in your eating and activity habits, then stick with them for the long haul.

## HOW DO YOU MEASURE UP?

**As well as looking at healthy weight ranges, based on the Body Mass Index (BMI), it's advisable – especially for men and postmenopausal women – to take on board strong evidence that shows your waist measurement is a key health indicator. Here's how to check whether yours puts you in an at-risk category.**

### ONE

Perform the measurement directly on your skin, or over light clothing. Use a mirror or have someone assist you to make sure the tape measure is even.

### TWO

Position the tape measure snugly around your waist, at the midpoint between the top of your hip bone and lowest rib, roughly about the level of your belly button. Don't just assume the size of your pants in centimetres is your automatic waist measurement. Many men wear their trousers slung below their waistline.

### THREE

Take the measurement after a normal exhalation.

### FOUR

Bear in mind that your ethnic background plays a role in determining your healthy waist measurements.

### Normal to high risk waist circumference

| Waist circumference |            |
|---------------------|------------|
| Women               |            |
| Low risk            | Under 82cm |
| Increased risk      | 82-87cm    |
| High risk           | 88+ cm     |
| Men                 |            |
| Low risk            | Under 94cm |
| Increased risk      | 94-101cm   |
| High risk           | 102+ cm    |

Visit [www.measureup.gov.au](http://www.measureup.gov.au) for more information.



# HOW YOUR DIET

## CAN HELP REDUCE BELLY FAT

**W**e've always been told that there's no such thing as spot-weight reduction, but with some health gurus now preaching the message that certain diet and lifestyle changes can target belly fat, it's time to get to the guts of the problem. The basic equation for weight loss still stands at how much you eat versus what you burn off.

However, emerging research indicates that making certain dietary choices may help you shift harmful visceral fat (the fat that surrounds internal organs such as your heart and liver). We're not pinpointing specific foods as belly-fat blasters, so beware of any potions, pills or dietary supplements claiming otherwise. But it's clear there's a new take on weight loss that could make a difference to the challenge of trimming that tummy.

Here, we weigh up the results of recent nutritional research and translate its findings into practical steps that should help you lose those extra centimetres. Giving them a try may not give you the six-pack of your dreams, but at the very least, they will make a positive impact on your general health and wellbeing, improving your blood glucose and diabetes management along the way.

### Dairy does it

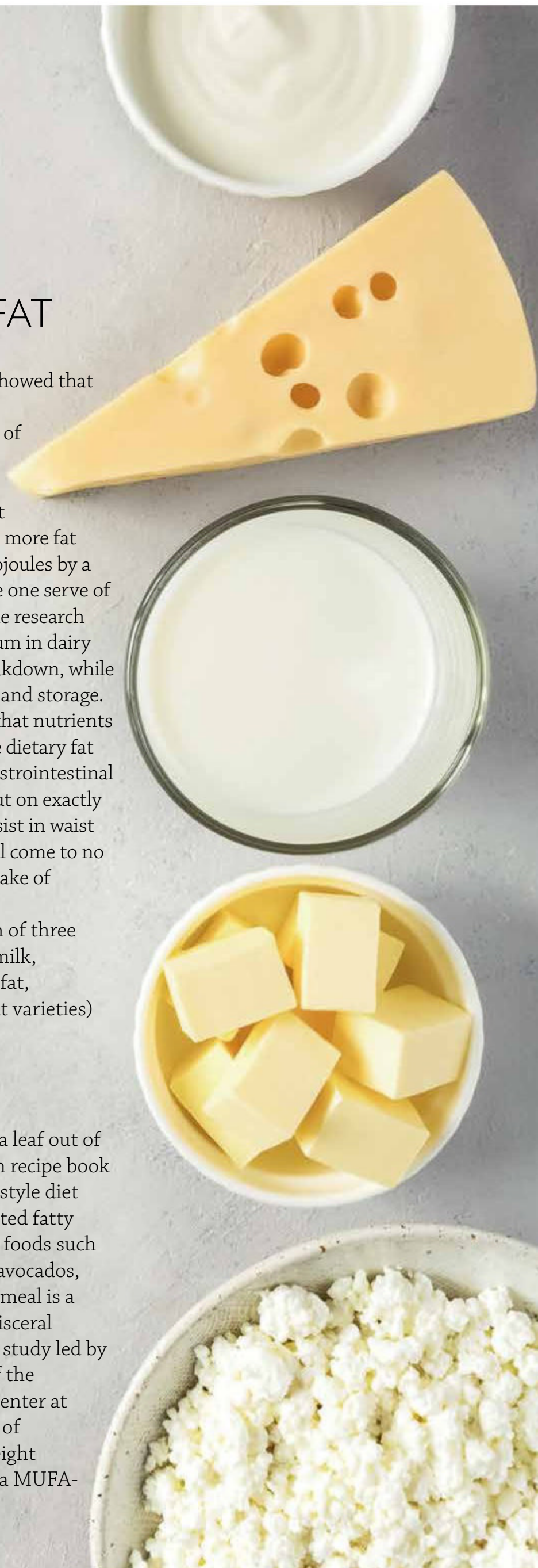
Research shows that including dairy foods each day in a reduced-kilojoule diet may increase your chances of losing weight and burning fat – particularly from around the waist.

One six-month study showed that overweight adults who consumed three serves of dairy a day, as part of a reduced-kilojoule diet actually lost 70 per cent more weight and burnt more fat than those who cut kilojoules by a similar amount, but ate one serve of dairy or less a day. Some research indicates that the calcium in dairy foods increases fat breakdown, while reducing fat formation and storage. Other studies suggest that nutrients found in dairy decrease dietary fat absorption from the gastrointestinal tract. The jury is still out on exactly how dairy food may assist in waist management, but you'll come to no harm with a regular intake of low-fat dairy options.

**GO FOR** A minimum of three serves of dairy a day (milk, yoghurt or cheese (no-fat, low-fat and reduced-fat varieties) for good health.

### Eat healthy fats

A good start is to take a leaf out of the southern European recipe book with a Mediterranean-style diet rich in mono-unsaturated fatty acids (MUFAs). Eating foods such as olives and olive oil, avocados, and most nuts at each meal is a proven way of losing visceral tummy fat. In a recent study led by David Katz, director of the Prevention Research Center at Yale University School of Medicine, nine overweight women, who followed a MUFA-





## weight loss

rich eating plan for 28 days, lost weight. But more importantly, an MRI revealed that they'd reduced their visceral belly fat by 33 per cent, while their fasting blood glucose and insulin levels also fell. These are important factors in type 2 diabetes prevention.

Meanwhile, a 2007 study published in the journal *Diabetes Care* found that, by comparison with high carbohydrate and high saturated-fat diets with the same kilojoule level, a diet loaded with MUFAs was more effective in preventing the accumulation of central body fat.

Cynthia Sass, dietitian and co-author of the *Flat Belly Diet*, recommends a total lifestyle approach to weight loss.

"Make stress reduction and quality sleep priorities – both have been linked to belly fat," says Sass.

**GO FOR** Portion-controlled amounts of MUFA-rich foods, such as nuts, seeds, natural nut butter, olive oil, olives and avocado.

### Opt for low GI

According to glycaemic index (GI) expert, Professor Jennie Brand-Miller of the University of Sydney, studies show that people following a low-GI, kilojoule-controlled diet will improve their BMI and waist circumference proportionately, losing fat from all over the body. There's no evidence as yet to show that a low-GI, weight-loss eating plan will specifically target belly fat,

but we do know that it can dramatically reduce the increased risk of cardiovascular disease – a worrying outcome of visceral fat.

"A recent study published in the *Archives of Internal Medicine* found that a high-dietary glycaemic load (a measure of carbohydrate quality and quantity) and the intake of carbohydrates from high-GI foods increased the overall risk of coronary heart disease in women by twofold, or more," says Professor Brand-Miller.

What this means is that switching to a low-GI diet is likely to dramatically protect your heart health while you work at those fat-loss goals.

**GO FOR** Foods with the Glycaemic Index Foundation Low GI Certified Symbol – these have met with strict nutrient criteria.

### Protein power

It's a well-known fact that eating protein – meat, poultry and fish, for example – helps keep the edge off hunger, and studies have shown that a high-protein, kilojoule-controlled eating plan allows people to effectively lose weight while still feeling satisfied. Not only that, lean protein also has a positive impact on body shape, blood glucose levels and cardiovascular risks.

**GO FOR** Lean protein – and remember that meat, poultry and fish aren't the only sources. You can get the protein you need from plant sources such as legumes, nuts and

seeds, which are either low-fat or rich in healthy fats.

### Balancing act

According to Sydney dietitian Tara Diversi, you're more likely to see positive results in the challenge to shed visceral fat if you strike a healthy balance, rather than focus on waist measurement. Seeing an accredited practising dietitian for nutritional advice should help you cut through the confusion and establish a clear picture of how to achieve results.

■ **Ensure your sacrifices hit the spot** "Moderate your alcohol intake but don't replace it with sugary drinks. Many people think they're better off having orange juice rather than wine. Truth is, they both contain kilojoules and contribute to belly fat," says Diversi.

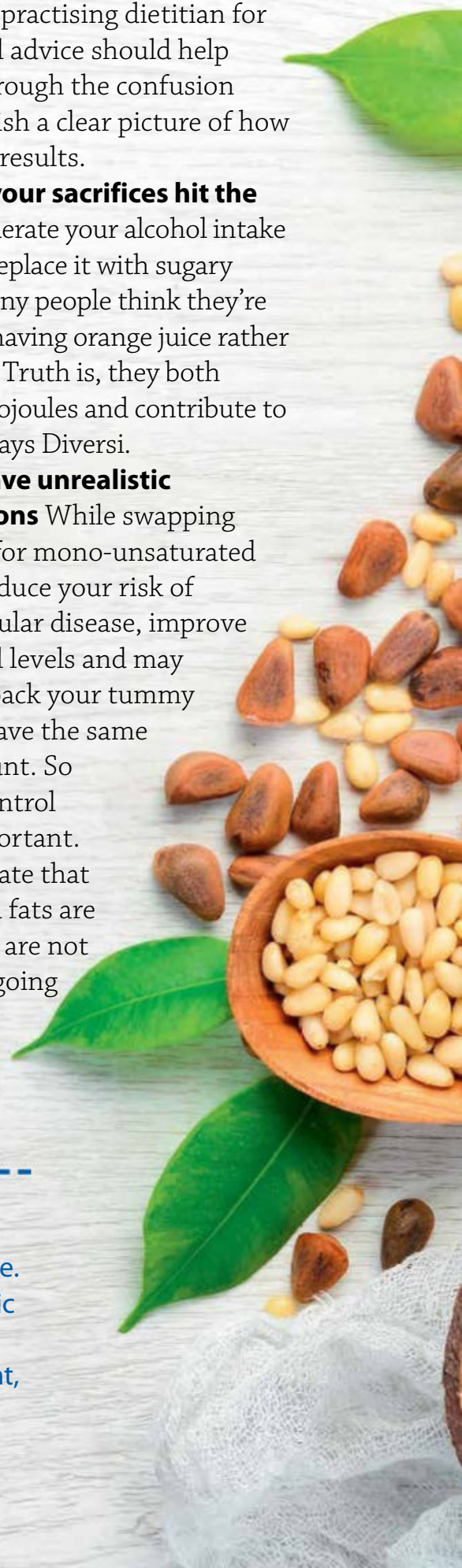
■ **Don't have unrealistic expectations** While swapping saturated for mono-unsaturated fats will reduce your risk of cardiovascular disease, improve cholesterol levels and may well trim back your tummy fat, they have the same energy count. So portion control is still important.

"Appreciate that while good fats are good, they are not magically going to melt your fat away."

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## LOOK AT DESIGNER GENES

Another factor that determines how well we button up our jeans is our genetic inheritance. Overall, it has been suggested that 40 per cent of the body fat we store is driven by genetic factors. So, take a look at the body shape of family members and chances are you'll see common patterns of fat storage. Even if there's a tendency to have excessive abdominal fat, a healthy lifestyle can overrule.







## EXERCISE BENEFITS FACT OR FICTION?

**The truth is that losing belly fat is like any other kind of weight loss – you need to ramp up the activity in your day to see results. The important thing is getting started.**

### Spot-reduction works

#### FICTION

While recent research suggests visceral fat may respond to certain dietary and lifestyle changes, you cannot spot-reduce belly fat alone. Diet and exercise will promote weight loss from all parts of the body but you generally lose fat in the reverse order to which you put it on. So, if it goes on your backside or belly first, these are the last places you'll see it disappear.

### Belly exercises won't give you a six pack

#### FACT

If you're carrying excess tummy fat, any strengthening you do to your abdomen will be hidden until you can shed kilos. However, strengthening your abdominal muscles will improve your posture (which can have real benefits for aiding or preventing back pain), and so you stand taller. This makes any tummy you have look less saggy than if you're hunched in an S-shape.

### All movement burns energy

#### FACT

Lots of regular incidental movement will boost your metabolism. Make the saying, 'A

little bit of something is better than a whole lot of nothing' your mantra. Walk instead of driving and stand while you're on the phone. Make these actions part of your daily routine.

### The exercise 'after burn'

#### FACT

It's true! After a 45-minute brisk walk, your body can continue to burn kilojoules vigorously for up to an hour. With an intense 30-minute workout, this benefit can last for up to four hours. Exercise is also a great way to lower blood glucose levels, as the effects of a workout can last up to 16 hours, reducing your insulin needs and, over time, your weight.

### Ab machines will trim your tummy fast

#### FICTION

Equipment targeting specific muscle groups won't fast-track weight loss, but physical activity will. A good exercise routine doesn't require expensive equipment. In fact, your best weight-loss tool is your own mind: willpower is free, doesn't rust and comes with a great rewards program.

### Getting a little breathless is good

#### FACT

Just picking up the pace when you're walking will push your body to burn more energy. Over time, it will raise your fitness level. Choose an activity, such as walking up a hill, then walk at a pace that makes you a little breathless. You'll soon find it gets easier and you're not panting as hard. When you're ready, push a bit harder. Approaching fitness in small steps like this is the most sustainable way to get fit and stay fit. ■



# READY SIT GO!

To do these exercises, you don't even have to get out of your chair. How easy is that?

When you have diabetes, exercising is important for managing blood glucose and blood pressure, as well as for maintaining a healthy weight. And diabetic foot pain or flexibility problems need not keep you from being physically active. So, grab a chair and take a seat for these cardio moves and strength exercises.



## ARE YOU SITTING COMFORTABLY?

***When doing your seated workout, you need to follow a few simple exercise tips.***

- ✳ Use a sturdy chair with a high back (no stools or folding chairs). Sit on the edge of the chair and hold onto the side of the seat with one or both hands.
- ✳ Keep your back straight but not rigid. Make sure your shoulders are relaxed and dropped down away from your ears.
- ✳ Hold your chin parallel with the floor.
- ✳ Tighten or flex your abdominal muscles during each exercise movement to protect your lower back.



You don't need any special equipment for these exercises – just a sturdy chair and two 1-2kg dumbbells plus your favourite music! For a low-intensity workout, do these cardio exercises, then stop and congratulate yourself. For a more intense workout, continue with the strength exercises.

## 1 Cardio exercises

If you move vigorously for 25-30 minutes while seated, you may sweat a little. But even a no-sweat pace benefits your body. These exercises will give your heart and lungs a great workout.

### Chair Charleston



1



2

**1** Position yourself so your hips are aligned with the edge of the chair, then alternately move your legs forwards and backwards. At the same time, bend your arms at the elbows and swing them back and forth.

**2** Like a Charleston dancer, wiggle your fingers and change the position of your arms while you move through this dance sequence, alternately moving your legs forwards and backwards.

**3** Continue chair dancing for 3-5 minutes.

### Kick and clap

**1** Extend one leg forwards in a smooth kick, while clapping your hands with your arms held at shoulder height. Focus on using your thigh muscles.

**2** Repeat with other leg. Continue alternating your legs for 3-5 minutes.



### Reach and extend

**1** Reach up diagonally with your left arm and extend the left leg in the opposite direction. Stretch your fingertips and lengthen your arm while stretching out the leg to form a straight line.

**2** Repeat with other side. Continue alternating sides for 3-5 minutes.



1



2

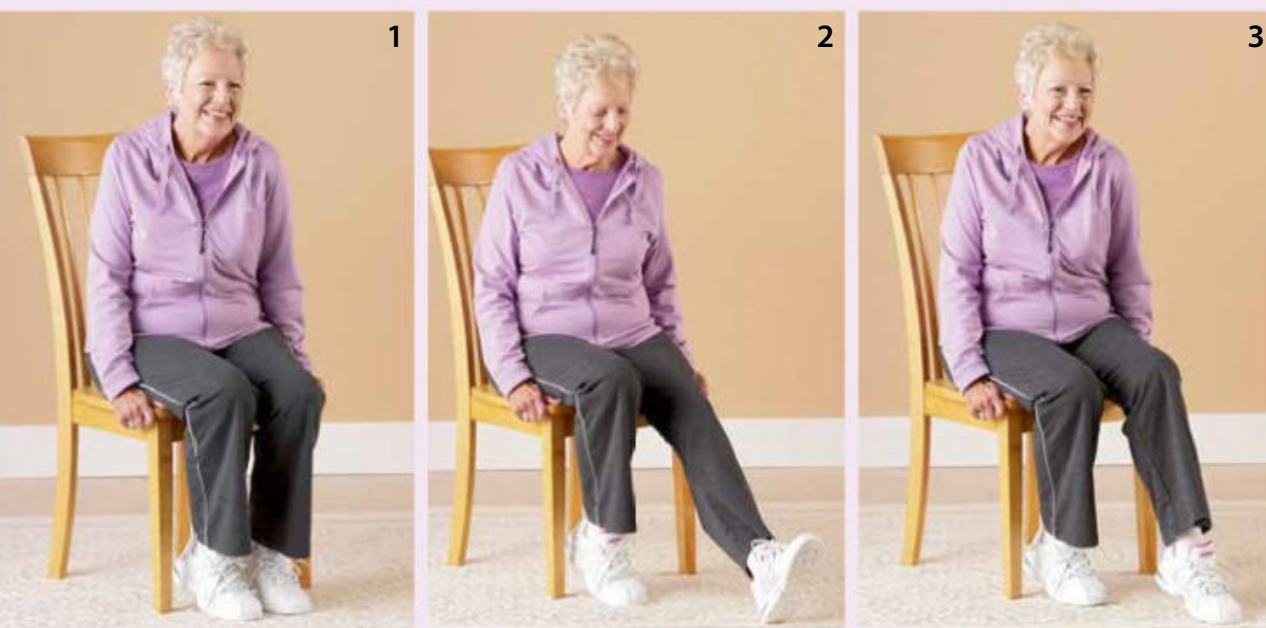
### Windscreen wipers

**1** Gently swivel both your legs to one side while turning your upper body in the opposite direction. Keep your hands at shoulder level with elbows bent.

**2** Swivel your lower body and upper body in opposite directions. Continue to alternate sides, tightening your abdominal muscles to protect your back.

**3** Continue swivelling in opposite directions for 3-5 minutes.





## Seated tap dance

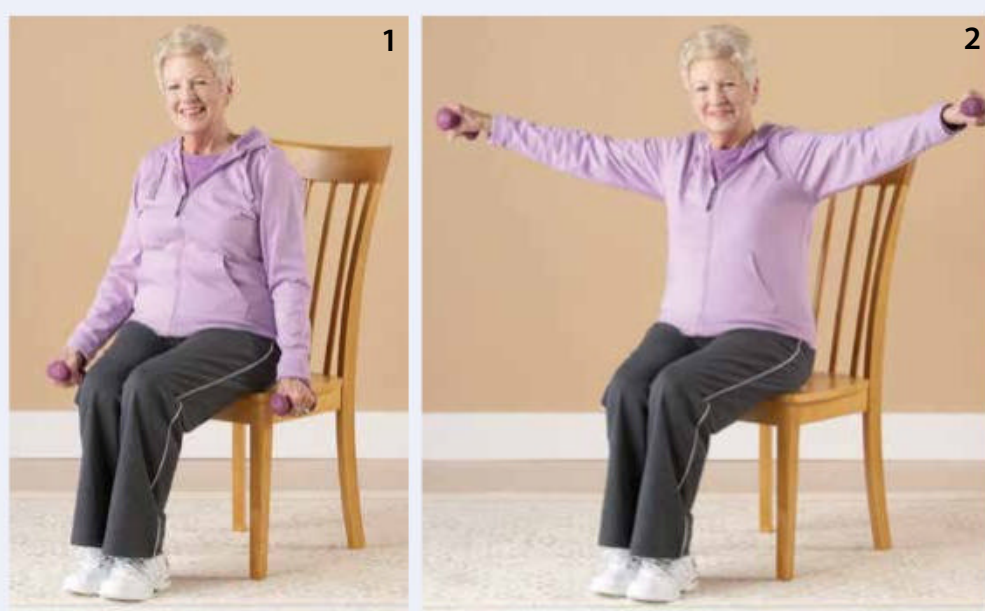
- 1** Start with your knees bent and toes resting lightly on the ground.
  - 2** Extend one leg forwards and gently tap your heel to the ground.
  - 3** Point your toes and tap them to the ground. Flex the foot and tap heel to the ground. Return to starting position.
  - 4** Repeat with your other leg.
- Continue alternating your legs for 3-5 minutes.
- Focus on moving each ankle through its range of motion as you tap.

No dumbbells? Use two full cans of food from the pantry.

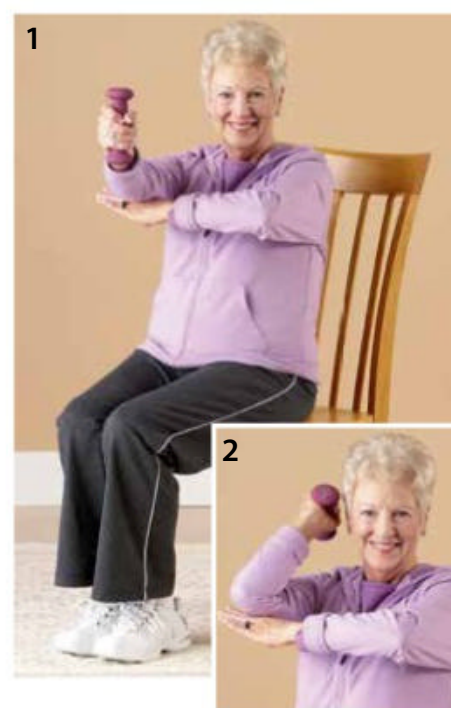
## 2 Strength exercises

If you'd like a more intense workout, continue with these strength exercises. You'll need two 1-2kg dumbbells. If you don't have any, you can use two full cans of food from the pantry. Concentrate on smooth, controlled movements to work your muscles through their range of motions and remember to breathe as you do the exercises. Building and working muscle mass helps to lower your blood glucose levels.

### Shoulder raises



- 1** With a weight in each hand, palms facing in, extend your arms downwards.
- 2** Gently bring your arms out and up, raising your hands to about shoulder height to a count of 1, 2. Then slowly lower your hands to a count of 2, 1. Be sure not to lift your arms too high, keep your shoulders down and relaxed, your neck straight and your chin parallel to the floor.
- 3** Do 15-20 repetitions of this exercise.



## Tricep presses

- 1** With a weight in one hand, extend your arm in front of your body at shoulder height. Support the elbow with your other hand.
  - 2** Raise your hand up and back towards your shoulder, focusing on the tricep muscle on the back of your arm. Slowly lower your hand to the starting position. Count 1, 2 as you raise the weight and 2, 1 as you lower it.
  - 3** Repeat with your other arm.
- Do 15-20 repetitions of this exercise.



## Hip and thigh toner

**1** Sitting on the edge of the chair while holding onto the sides, extend legs in front of your body with your feet flat on the floor. (It may help to lean back slightly.) Keep your abdominal muscles tight to support your lower back. (Place a small pillow under your lower back for support, if you like.)

**2** Open your legs in a V-shape and touch your heels to the floor, using the muscles in your inner thighs and outer hips. Also focus on pointing and flexing your feet through the ankle joints.

**3** Do 15-20 repetitions of this exercise.



## Kick and contract

**1** Sitting on the edge of the chair while holding onto the sides, extend one of your legs upwards from the hip joint. Try to sit tall with your torso lifted while you flex your thigh muscle. If you like, you can try raising the knee of your extended leg higher than the knee of the bent leg.

**2** Repeat with your other leg. Continue alternating your legs for **3-5** minutes.

Building and working muscle mass helps to **lower** your blood glucose levels.

## Bicep curls

**1** Hold a weight in each hand with your elbows at your sides. Slowly raise your hands towards your shoulders while flexing your arms. Keep your wrists straight.

**2** Slowly lower your arms and repeat. Keep your elbows pointed toward the floor and use your bicep muscles to control the movements. Count 1, 2 as you raise the weights and 2, 1 as you lower them. Don't grip the weights too tightly and remember to breathe.

**3** Do 15-20 repetitions of this exercise. ■







# “WHAT I NEEDED WAS ADVICE NOT JUDGEMENT.”

Diagnosed with type 2 diabetes in her late 30s, 15 years later, **Kate Carton** feels like she's finally making inroads in to managing the disease. Now 53 years old, she says a combination of things has helped her turn things around.

“Finding out I had diabetes was horribly depressing. I'd been experiencing all the typical symptoms, including incredible thirst, and I finally found the time to go and get checked out by my doctor. When they said the words ‘type 2 diabetes’ my first thought was ‘great, just what I need on top of everything else’.

“I have two adult children and both pregnancies were a bit of a nightmare. I was really unwell throughout both of them, throwing up every single day, and losing hair and even teeth. During my first pregnancy, I lost 22 kilograms. Being pregnant also put a lot of

strain on my heart and eventually, after I'd had my children, I was diagnosed with a heart condition called tachycardia.

“So learning I had diabetes as well was soul destroying, particularly because I knew how serious it could be. My dad had diabetes and his experience was a shocker. He had one toe amputated, which then turned into having his leg amputated below the knee. Then his other leg had to be amputated, before finally having to have another operation to have his first leg amputated even higher. So yes, I knew a fair bit about it.”

## Putting others first

“When I was a young mum with two children, I rapidly discovered I was last on the list in terms of doing anything health-related for myself. When my kids were just two and four years old, my mum was dying and, as an only child and because my husband was working all hours to support us, it was up to me to care for her. I nursed her for 22 months before she died. I didn't have time to devote to my own health – I wasn't eating well or doing any exercise.

“When I was diagnosed with diabetes in 2006, I'll admit I didn't really see the point of monitoring



my blood glucose levels regularly. I guess I used to think ‘well, I’ve got diabetes, I know it’ll be high, what else do I need to know?’ That’s basically how I approached having diabetes for 15 years.

“And then I had a couple of bad falls and injured my right shoulder quite badly. Cortisone injections helped for a little while, but earlier this year I was told I needed surgery and that was a bit of a wake-up call. The short story is, my surgeon wasn’t happy to let me go under the knife until my diabetes was better controlled.”

### A team effort

“The first thing I knew I needed to do was find a good endocrinologist, someone I liked. I’d seen a couple at a diabetes centre at a local hospital in the past, but as well as never being able to see the same specialist twice, I needed to find someone who wasn’t going to give me a lecture. I’m not dumb, I know I’m overweight and I knew my blood glucose levels were high. I didn’t need a specialist to tell me that. What I needed was advice not judgement.

“I did some research and found an endocrinologist who everyone said was really lovely, and that’s made such a difference. When I first saw her in March my HbA1c was 13.5 and the goal was to get it under 8. At the end of June, it was down to 9.9 and I’m seeing her again in November, so now, reaching my goal seems doable. I’ve also lost about seven kilograms.

“I monitor my blood glucose twice a day without fail now, and I write down which foods correlate to which readings. It’s been a lot of trial and error because what works for one person doesn’t necessarily work for everyone. And I discovered a lot of the products labelled as

low-GI that I’d been eating believing I was ‘being good’ were sending my blood sugars sky high!

“I’ve also made a real effort to find swaps for the foods I can’t live without, even simple things like milk, while still allowing myself the odd treat, because you have to live. And I’ve discovered a great YouTube channel that has workouts I can do at home. Sometimes I’ll do 10 minutes a day, sometimes I’ll do three lots of 10 minutes in a day. It all adds up.

“Unfortunately my heart problems have progressed recently and after failing an ECG stress test in July, my shoulder surgery is on the back burner for now, but the

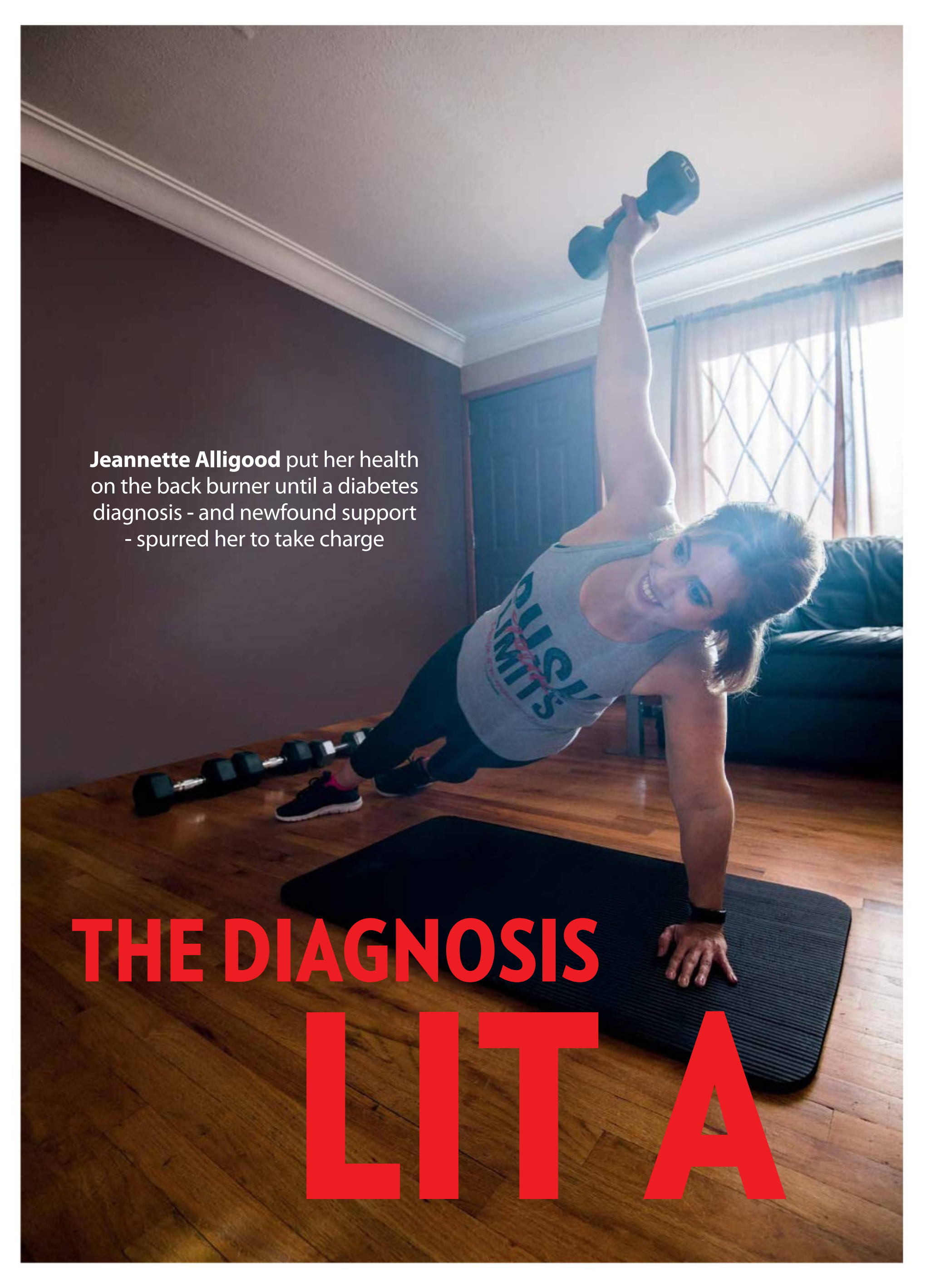
fact that my diabetes is under better control can only be a good thing.

“I guess my advice to someone who’s newly diagnosed, or if I could go back and talk to myself 15 years ago, would be to try not to panic, even though you might feel inclined to. I’d also stress the importance of finding specialists you can relate to and seeking support from people who actually have the same type of diabetes as you, too. I joined the Diabetes Support Australia and New Zealand Facebook group in early 2019 and it’s been so helpful.

Learning from people who are living with it and who’ve already walked the path, rather than just health experts, makes a huge difference.” ■







**Jeannette Alligood** put her health on the back burner until a diabetes diagnosis - and newfound support - spurred her to take charge

# THE DIAGNOSIS LITA



**I**n December 2016, Jeannette Alligood and her husband, David, thought they might save some money by bundling life insurance through the same company that handles their car and homeowners' insurance. The only problem: two weeks after they took the required blood test to qualify for coverage, their insurance agent called to tell Jeannette she had been denied.

"I was shocked," says Jeannette, now 47. "I knew I was about 50kg overweight, but I never had any health problems. David and I both thought I was the healthier of the two of us." While the agent couldn't provide any specifics, she suggested Jeannette get checked for diabetes, then handed her the report.

"I noticed the HbA1C level was 13.7, but I didn't know what that meant," says Jeannette. When she took the report to her doctor, he confirmed the elevated level with a second blood test and diagnosed her with type 2 diabetes. She was overwhelmed.

She understood the consequences because her dad had been diagnosed with type 2 diabetes 12 years earlier, when he was in his 60s. She knew how hard it was for him to follow his doctor's advice to change his eating and exercise habits. "Denial was part of it, but it's also hard to stick to a long-term healthy

eating plan. He didn't want to give up the things he enjoyed," says Jeannette. "Now he has heart issues. I'm constantly worried about him."

She came home from the doctor's office and told David, "I'm not going to be my dad." But she didn't want to worry her daughters either. Her eldest daughter, Brittany, now 22, had been diagnosed with thyroid cancer just six months earlier. Brittany had taken a semester off university for treatment, which involved two surgeries followed by radioactive iodine treatment. At the time of Jeannette's diagnosis, both girls were heading back to uni after the holiday break. (Now, three years later, Brittany is cancer-free and being followed with regular testing.)

"We decided we weren't going to tell them about my diagnosis," says Jeannette. "I told my husband, 'I'm going to take charge,' and I started reading everything I could about diabetes."

Before her diagnosis, Jeannette didn't think she had time to prioritise her health. She hadn't been to an annual check-up with

her doctor in almost seven years. She was busy with her girls and as a cheerleading advisor at a local school. She ate out almost every night of the week, usually at fast-food places. "I had this misconception that eating healthy was too expensive," she says.

After her diagnosis, she says, things changed: "The diabetes diagnosis lit a fire inside of me."

She started taking metformin and, in January 2017, joined Beachbody's 21-Day Fix—a program designed to kick-start lifestyle changes with workouts and a meal plan. "I had tried Weight Watchers in the past, but the flexibility didn't work for me. I needed a plan that was more structured," she says. This program included special portion-controlled containers and a food

list to follow to create healthy meals from scratch. When an acquaintance invited her to join a wellness support group for encouragement and accountability, Jeannette got the motivation she needed to give the program a shot.

Jeannette started making changes to what she cooked, and got David on board as well. "I didn't want to overhaul our meals," she says. "I just wanted to make them healthier." So she began making simple swaps: turkey mince instead of beef; plain yoghurt instead of sour cream; quinoa and brown-rice pasta instead of refined grains. On New Year's Day in 2017, she cut out soft drinks completely (before her diagnosis, she had been drinking three to four cans of Pepsi a day).

By the time she returned to her doctor in April 2017, she had



**I told my husband, 'I'm going to take charge,' and I started reading**

# FIRE





Jeannette with  
her family at  
their Ohio home

## WHAT WORKED FOR JEANNETTE

### BE KIND TO YOURSELF

“Don’t get stuck in a loop of self-blame and loathing. Diabetes is a tough diagnosis, but it’s also something you can control. Commit to adopting a healthy lifestyle, but also learn how to shift your own self-talk to focus on the positive.”

### LOOK BEYOND THE SCALE

“Keep in mind that the number on the scale doesn’t tell the entire story. Do you feel good? Do you have more energy? Are you able to walk an extra block? Celebrating those non-scale victories is just as important as watching the number move on the scale.”

### PLAN AHEAD

“Plan your meals in advance so there’s always something healthy on hand when you’re hungry. I make smoothies or eggs with spinach, capsicum, and onions for breakfast, and use the crock pot for lunches and dinners. And if I’m going to cheat, I plan for that too.”



**It’s two years later—I still love helping people to adopt a healthy lifestyle.**

slashed her HbA1C almost in half, from 13.7 to 6.5. By May 2017, she had lost 25kg. “My goal was to nudge my HbA1C back into a normal range and get off my medication—and I was almost there,” she says. “That really motivated me.”

When Jeannette surprised her daughters at university with her weight loss, her younger daughter, Lindsay, said, “Mom, where did you go?” referring to her slimmed-down physique. “That’s when I finally told them about my diagnosis,” she says. “They understood why I waited to share the news and were so glad I did something about it!”

At her August 2017 appointment, Jeannette’s doctor cleared her to stop taking metformin, and by January 2019, her HbA1C was 5.4 without medication. She still uses the food list and suggested portion sizes from her 21-Day Fix. “I don’t

always measure, but you learn to eyeball appropriate portion sizes.”

In fact, four months after she started the program, she became a Beachbody coach. “I realised that I was already helping and inspiring others by documenting my changes and being consistent,” says Jeannette. “It’s two years later and I still love helping people to adopt a healthy lifestyle and encouraging them in their journey.”

Her most recent student: her husband, David. In January 2019, David was diagnosed with diabetes. Now he follows the same meal plan as his wife, and his BGL has started to drop. “He’s doing what he needs to do,” says Jeannette. “He’s feeling better, his joints aren’t hurting as much, and he has more energy.” Her success has also inspired her father—and he’s lost 15kg so far. That’s a win for the whole family! ■



# YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that H=9, R=20, and P=26. You can record each letter as you work it out in the letter checker at the bottom of the grid.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 21 | 17 | 6  | 25 | 8  | 21 |    | 16 | 8  | 8  | 20 | 6  | 24 | 2  |    | 7  | 18 | 20 | 22 | 8  | 20 |
|    | 19 |    | 18 |    | 10 |    | 18 |    | 1  |    | 22 |    | 18 |    | 19 |    | 8  |    | 22 |    |
| 21 | 26 | 18 | 25 |    | 22 | 19 | 24 | 6  | 11 |    | 19 | 23 | 23 | 18 | 25 |    | 7  | 18 | 26 | 21 |
|    | 18 |    | 8  |    | 23 |    | 3  |    | 4  |    | 2  |    | 4  |    | 9  |    | 6  |    | 4  |    |
| 19 | 17 | 6  | 22 | 23 | 18 |    | 15 | 17 | 15 | 4  | 8  | 4  | 8  |    | 18 | 15 | 25 | 7  | 18 | 1  |
|    |    | 5  |    |    | 4  | 8  | 6  |    | 14 |    |    |    | 25 | 18 | 22 |    |    |    | 10 |    |
| 21 | 25 | 10 | 4  | 8  | 21 |    | 4  | 18 | 6  | 25 | 8  | 20 | 21 |    | 21 | 17 | 8  | 12 | 8  | 20 |
|    | 9  |    | 8  |    |    |    |    |    | 24 |    | 22 |    |    |    |    |    | 22 |    | 20 |    |
| 26 | 20 | 8  | 19 | 11 | 9  |    | 23 | 15 | 2  | 19 | 23 | 18 | 18 |    | 21 | 3  | 15 | 19 | 21 | 9  |
|    | 18 |    |    |    | 18 | 12 | 8  |    |    |    | 4  |    | 21 | 26 | 10 |    |    | 20 |    |    |
| 19 | 12 | 18 | 17 | 8  | 24 |    | 21 | 15 | 24 | 4  | 19 | 22 | 26 |    | 22 | 15 | 21 | 11 | 19 | 25 |
|    | 23 |    | 24 |    | 8  |    | 25 |    | 19 |    | 13 |    | 20 |    | 26 |    | 3  |    | 6  |    |
| 22 | 19 | 17 | 18 |    | 21 | 25 | 18 | 6  | 11 |    | 18 | 5  | 8  | 20 | 25 |    | 15 | 26 | 18 | 24 |
|    | 11 |    | 12 |    | 25 |    | 12 |    | 9  |    | 24 |    | 10 |    | 18 |    | 6  |    | 4  |    |
| 21 | 17 | 6  | 24 | 24 | 10 |    | 21 | 26 | 18 | 15 | 21 | 8  | 21 |    | 22 | 18 | 13 | 13 | 6  | 8  |

|    |    |    |    |    |    |         |    |        |    |    |    |         |
|----|----|----|----|----|----|---------|----|--------|----|----|----|---------|
| 1  | 2  | 3  | 4  | 5  | 6  | 7       | 8  | 9<br>H | 10 | 11 | 12 | 13      |
| 14 | 15 | 16 | 17 | 18 | 19 | 20<br>R | 21 | 22     | 23 | 24 | 25 | 26<br>P |



puzzles

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   | 9 |   |   | 5 |
|   | 2 | 1 |   |   |   |   |   | 9 |
|   |   |   |   | 3 |   |   | 1 |   |
|   | 6 |   | 3 |   |   | 5 |   | 4 |
|   | 3 |   | 7 |   |   |   | 9 | 6 |
|   |   | 8 | 5 |   |   |   |   |   |
| 4 |   |   | 9 | 8 |   |   | 3 |   |
|   |   |   |   |   | 5 |   |   | 7 |
|   |   |   |   | 4 |   |   |   |   |



CHUNKY CROSSWORD

Sharpen your pencil and show what you know.  
*For solutions, see page 126.*

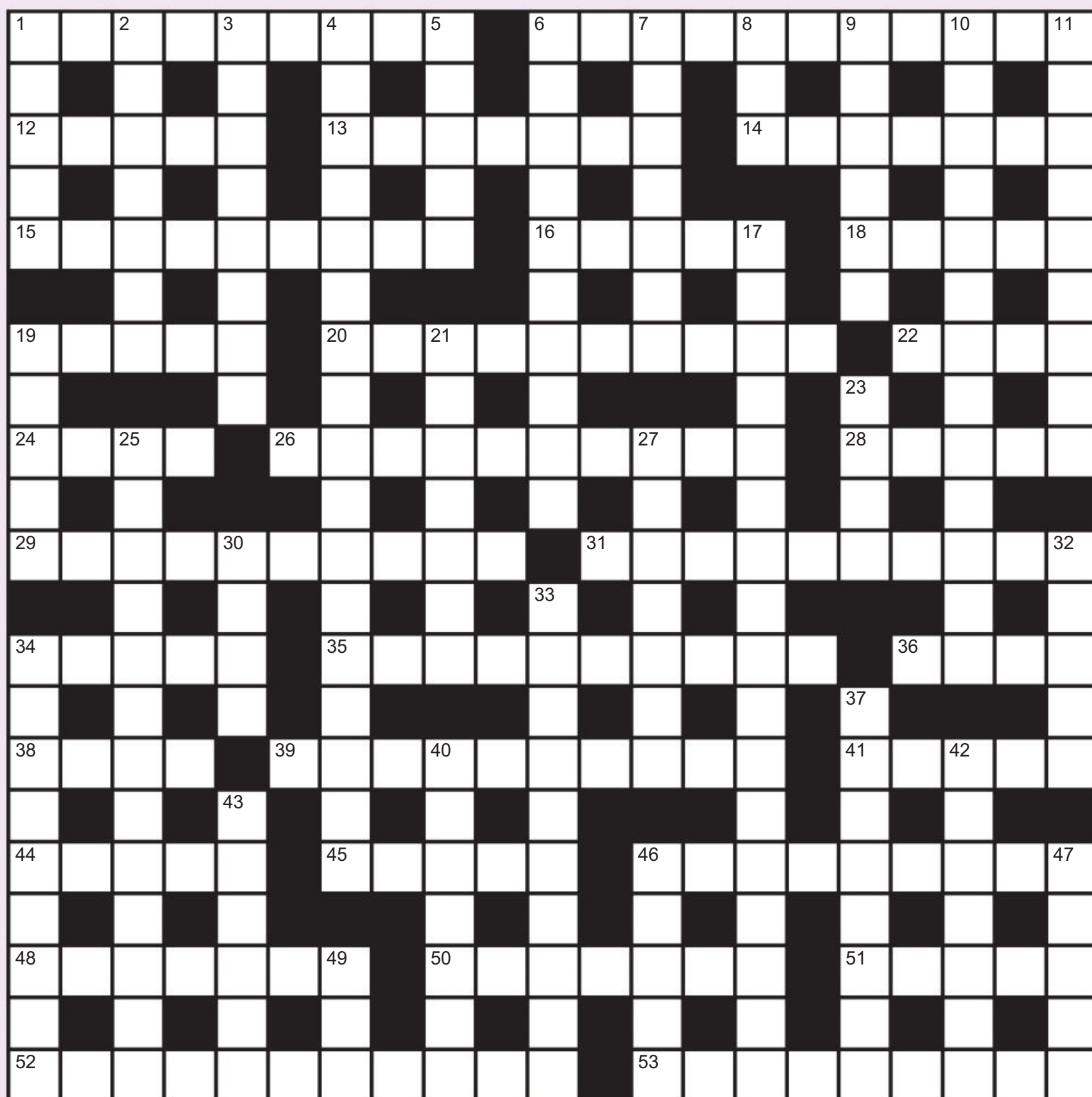
ACROSS

- 1 Queensland city (9)
- 6 Smash hit movie (11)
- 12 Thin pancake (5)
- 13 Stabbing instrument (7)
- 14 Merit (7)
- 15 Sad stories (9)
- 16 Loud noise (5)
- 18 -- Summer, Queen of Disco (5)
- 19 Abridged, brief (5)
- 20 Neighbourhoods (10)

- 22 Large desert in Asia (4)
- 24 Length measures (4)
- 26 Business where washing can be done (10)
- 28 Deliver a speech (5)
- 29 In total (10)
- 31 Egyptian city (10)
- 34 Filament (5)
- 35 Licit, lawful (10)
- 36 Winning -- everything, saying (3'1)
- 38 -- Armstrong, first man on the moon (4)

- 39 Dejected (10)
- 41 Caper (5)
- 44 Suffered a continuous, dull pain (5)
- 45 Scoundrel, knave (5)
- 46 Person who drops rubbish in public places (9)
- 48 Folding support for a table (7)
- 50 Very fast music (7)
- 51 Mean, heartless (5)
- 52 Butterfly larva (11)
- 53 Tumbling like a waterfall (9)





## DOWN

- 1** Implied (5)  
**2** Green, aromatic cooking herb (7)  
**3** Light musical drama (8)  
**4** Miles Franklin novel (2,9,6)  
**5** Bottomless gulf (5)  
**6** Field glasses (10)  
**7** Social pariah (7)  
**8** Baby goat (3)  
**9** Advantageous aspect (6)

- 10** Huge dinosaur (13)  
**11** Look over evidence again (2-7)  
**17** Charles Dickens novel featuring Miss Havisham (5,12)  
**19** Bulgaria's capital (5)  
**21** Join together, link (7)  
**23** Benefit (4)  
**25** Institution (13)  
**27** Lethargy (7)  
**30** Developed (4)

- 32** Ancient Mexican (5)  
**33** Adviser (10)  
**34** Terrific, brilliant (9)  
**37** Autonomous community in eastern Spain (8)  
**40** Hair braid (7)  
**42** Salad of cracked wheat and parsley (7)  
**43** Magazine boss (6)  
**46** Reasoning (5)  
**47** Soviet labour camp (5)  
**49** -- Wallach, actor (3)



# Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing.

## Get involved with Women's Health Week

Jean Hailes' Women's Health Week runs from 6-10 September this year. Held annually, it remains the biggest week in Australia focusing on good health and wellbeing for women and girls and is a timely reminder to make health a priority. "A little self-care can go a long way," says Brenda Jones, Women's Health Week campaign manager at Jean Hailes. "We hope our week inspires women to stop and think about their needs, not just the needs of others. We ask that they set aside some time to focus on their health. This could be arranging a health check, getting active, planning healthy meals, finding ways to manage stress or taking the first step to change any unhealthy habits." And if you register, you'll receive free healthcare tips, including podcasts, quizzes, videos, recipes and practical health articles every day during Women's Health Week. Head to [womenshealthweek.com.au](https://womenshealthweek.com.au) to sign up and get involved.





## **Put fermented food on the menu**

Until recently the jury remained firmly on the fence about the benefit of eating fermented foods like yoghurt, sauerkraut and kimchi for gut health, with solid evidence to prove their value a little thin on the ground. But a brand new study by researchers at the Stanford School of Medicine has shown that after 10 weeks of eating fermented foods regularly, people's gut bacteria diversity improved significantly. And that's good news, because while poor gut bacteria diversity is linked to an increased risk of being overweight and developing type 2 diabetes, having a bigger number of different bacteria residing in your gut is good for everything from sleep to mood and weight, and can help to lower your risk of a range of different diseases. To reap the rewards, be sure to choose foods that are naturally fermented rather than shelf-stable products that are usually preserved using vinegar rather than fermentation.

## **Shake it up**

Feel like skipping breakfast now and then, or maybe more often than not? Trouble is, fresh research from the US links missing the first meal of the day to a higher risk of experiencing nutritional deficiencies. One solution can be grabbing a quick-and-easy shake, but when you have diabetes, it pays to be picky about the powdered shake products in your pantry. A good option to have on hand is IsoWhey's Diabetic Formula. Available in chocolate and vanilla flavours, it's a certified low-GI formula so it not only helps you feel fuller for longer, it's designed to support people living with diabetes who can't always get their full nutritional needs through diet alone. As well as delivering a hit of hunger-busting protein, it's low in sugar and contains inositol and chromium to assist with carbohydrate metabolism and 22 vitamins and minerals, including 25 per cent of the recommended dietary intake of vitamin B12, iron, zinc, vitamin D and calcium.





**4** **Log in to learn more**  
As the old saying goes knowledge is power and luckily learning more about how to live with and manage diabetes has never been simpler, whether you have type 1, type 2 or are pregnant and have been diagnosed with gestational diabetes. A wide range of Diabetes Australia education programs are available for free online at the National Diabetes Services Scheme (NDSS) website, including 'MyDESMOND', 'Type 2 Diabetes and Me', 'Carb Counting' and 'Baby Steps'. To check out the available programs, head to [ndss.com.au/services/support-programs/](https://ndss.com.au/services/support-programs/) where you can browse the options based on diabetes type or specific health concerns and learn more about signing up.

**5** **Eat your way to fewer migraines**  
For the one in five Australians who suffer from migraine headaches, help may be available on a plate. An intense type of headache that can be distressing and even disabling when they strike, new research shows that eating a diet rich in oilier types of fish, like sardines and salmon, but light in vegetable oils can reduce migraine

frequency by as much as 40 per cent. Plus, study participants who stuck to the dietary advice also had lower levels of pain-related lipids in their blood, suggesting that even when migraines still occurred, their intensity may have been diminished. To learn more about migraines, including how to take part in Migraine & Headache Awareness Week (20-24 September), visit [headacheaustralia.org.au](https://headacheaustralia.org.au). ■

WORDS KAREN FITTALL. PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK.

Turn upside down for puzzle solutions

**Across:** 1 Toowoomba, 6 Blockbuster, 12 Crepe, 13 Bayonet, 14 Deserve, 15 Tragedies, 16 Clang, 18 Donna, 19 Short, 20 Localities, 22 Gobi, 24 Feet, 26 Laundromat, 28 Orate, 29 Altogether, 31 Alexandria, 34 Fibre, 35 Authorised, 36 Isn't, 38 Neil, 39 Despondent, 41 Antic, 44 Ached, 45 Rogue, 46 Litterbug, 48 Trestle, 50 Allegro, 51 Cruel, 52 Caterpillar, 53 Cascading.  
**Down:** 1 Tacit, 2 Oregano, 3 Operetta, 4 My Brilliant Career, 5 Abyss, 6 Binoculars, 7 Outcast, 8 Kid, 9 Upside, 10 Tyrannosaurus, 11 Re-Examine, 17 Great Expectations, 19 Sofia, 21 Connect, 23 Boon, 25 Establishment, 27 Malaise, 30 Grew, 32 Aztec, 33 Counsellor, 34 Fantastic, 37 Valencia, 40 Pigtail, 42 Tabouli, 43 Editor, 46 Logic, 47 Gulag, 49 Eli.

Crossword

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 4 | 3 | 1 | 7 | 9 | 2 | 6 | 5 |
| 7 | 2 | 1 | 8 | 5 | 6 | 3 | 4 | 9 |
| 6 | 5 | 9 | 4 | 3 | 2 | 7 | 1 | 8 |
| 1 | 6 | 2 | 3 | 9 | 8 | 5 | 7 | 4 |
| 5 | 3 | 4 | 7 | 2 | 1 | 8 | 9 | 6 |
| 9 | 7 | 8 | 5 | 6 | 4 | 1 | 2 | 3 |
| 4 | 1 | 5 | 9 | 8 | 7 | 6 | 3 | 2 |
| 3 | 9 | 6 | 2 | 1 | 5 | 4 | 8 | 7 |
| 2 | 8 | 7 | 6 | 4 | 3 | 9 | 5 | 1 |

Sudoku

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| X  | G  | Q  | L  | V  | I  | F  | E  | H  | C  | W  | Z  |    |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| D  | U  | J  | K  | O  | A  | R  | S  | M  | B  | N  | T  | P  |
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| S  | K  | I  | N  | N  | Y  | S  | P  | O  | U  | S  | E  | S  |
| C  | W  | T  | W  | H  | N  | Y  | O  | I  | L  | Z  | Z  | I  |
| M  | A  | K  | O  | S  | T  | O  | I  | C  | O  | V  | E  | R  |
| B  | N  | E  | T  | A  | Z  | R  | P  | Q  | I  | P  | O  | N  |
| A  | W  | O  | K  | E  | N  | S  | U  | N  | L  | A  | M  | P  |
| O  | R  | E  | W  | E  | L  | S  | P  | Y  | R  | M  | U  | S  |
| P  | R  | E  | A  | C  | H  | B  | U  | G  | A  | B  | O  | O  |
| H  | E  | N  | M  |    |    |    |    |    |    |    |    |    |
| S  | T  | Y  | L  | E  | S  | L  | O  | I  | T  | E  | R  | S  |
| V  | L  | E  | I  | D  |    |    |    |    |    |    |    |    |
| A  | K  | I  | M  | B  | O  | U  | K  | U  | L  | E  | L  | E  |
| O  | E  | B  | Q  | L  | G  | L  | H  | I  | L  |    |    |    |
| S  | P  | O  | T  | M  | A  | N  | I  | C  | A  | B  | B  | O  |
| A  | V  | O  | Y  | O  | X  | M  | O  | A  | E  | M  |    |    |
| S  | K  | I  | T  | E  | S  | J  | E  | E  | R  | I  | N  | G  |
| F  | O  | R  | M  | E  | R  |    |    |    |    |    |    |    |

Code Cracker

puzzles solutions



## BREAKFAST & TOPPERS

- 64 Creamy porridge with spiced apple & cranberry ●
- 62 Sunshine porridge ●
- 63 Warming chocolate & banana porridge ●

## LIGHT MEALS, SNACKS, SIDES & STARTERS

- 46 Apple, cranberry & coconut oat biscuits ●●
- 44 Balsamic mushrooms with rocket & ricotta ●●●
- 44 Bean & coriander mix ●●●
- 49 Blueberry & choc chip mini muffins ●●
- 32 Bombay potato frittata ●●●
- 36 Chicken meatballs with spicy tomato sauce ●●
- 61 Chunky bean & meatball soup ●
- 46 Cream cheese & cucumber crackers ●●
- 61 Creamy kale & cheddar soup ●●●
- 44 Curried cauliflower soup ●●●●
- 49 Curried cucumber bites ●●

- 36 Lamb & guinness skewers ●
- 33 Lime prawn cocktail pita salad ●
- 53 Loaded greek feta fries ●●
- 60 Moroccan spiced cauliflower & almond soup ●●●●
- 61 Pesto, pea & prawn soup ●●
- 61 Root vegetable & ginger soup ●●●●
- 54 Salmon cakes ●●
- 55 Spanakopita bites ●●
- 59 Tomato salsa ●
- 31 Wasabi chicken rice salad ●●

## MAINS

- 25 Chicken, kale & mushroom pie ●
- 16 Creamy pesto & kale pasta ●●
- 57 Crispy paprika chicken with tomatoes & lentils ●
- 51 Greek turkey burgers ●
- 18 Healthy chicken katsu ●●
- 56 Kimchi fried rice ●●
- 24 Lamb, mint & sweet potato pie
- 58 Roasted new potato, kale & feta salad with avocado ●●●
- 52 Salmon with horseradish rub ●●
- 17 Saucy bean baked eggs ●
- 25 Snapper pies ●

- 26 Steak & guinness pie with cheese crust ●
- 17 Stroganoff steak & sweet potato wedges ●●
- 20 Sweet potato & cauliflower lentil bowl ●
- 40 The ultimate steak sandwich ●
- 53 Turkey stuffed capsicums ●

## DESSERTS

- 28 Blackberry & ginger pie ●●
- 30 Canned apricot & custard pie ●●
- 71 Lemon bread & butter pudding with baked rhubarb ●
- 41 Passionfruit and custard slice ●
- 29 Rhubarb, almond & apple pies ●●
- 66 Sangria poached apples ●●
- 71 Spelt crepes with rhubarb in rose syrup ●
- 71 Strawberry & pomegranate baked custard tarts ●
- 67 Warm chai banana puddings with date caramel ●

## DRINKS

- 41 Lemon & ginger cordial ●●●

**KEY** ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

**LOWER-CARB OPTION** When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.







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# DECISIONS, DECISIONS

**Rob Palmer** knows that when it comes to diabetes, decision fatigue is all too real.



**I**n another year of ups and downs

there are a couple of ways that diabetes management can trend. As I see it, you can focus on the external struggles (there are plenty) and allow diabetes to run away from you, or you can buckle into looking after type 1 diabetes and feel like there's just another hurdle to clear as the world tries to get to grips with the pandemic we are hopefully getting closer to beating. I think that either of these can leave you open to feelings of exhaustion and/or frustration. There is a thing about

type 1 diabetes that transcends all the obvious physical challenges and has the potential to find you collapsing in a heap. It's known as decision fatigue. It's real and needs to be addressed so we can validate our feelings and reset the goals that we may or may not be reaching.

The decisions are never-ending... I wake with a blood glucose level of 13 or more... I realise I've had less insulin than I needed for the dinner I'd consumed an hour earlier. I'm full from lunch and looking at a blood glucose level of 5 with still enough insulin in the system to drop a horse. I'm annoyed because at the point of going to bed my continuous glucose monitor demands that I insert a new sensor resulting in two hours of wait time before I can calibrate and allow the insulin pump to do its thing, another late or interrupted night... I might be ravenous after a long day and have snuck in a drive-through burger on my way home only to realise 20 minutes later that I forgot to have insulin for the high carb intake and left myself with a high blood glucose level when all I want is a cold beer. And so on...

On the flip side, I'll have a perfect day diabetes management-wise and all my ducks line up. Blood glucose levels are brilliant and my world of management seems a tidy place.

Either way, unless I just got freakishly lucky on that perfect day, most days it's been a long session and progression of decisions. Decisions made with alarming regularity, whether to do with sport, diet, work or relaxation. There just isn't a place to go and release yourself from the relentless retractable tether that joins you to diabetes.

I'll often tell myself that there are many things much harder to live with than type 1 diabetes, but on its hardest day, diabetes can knock you for six. I reckon acknowledging that, and recognising decision fatigue, is a great way to start winning the mental battle with an adversary that will not quit.

Talking with a friend or family member about your exhaustion can help you realise how important you really are. It may be a cliché that a problem shared is a problem halved, but at the very least you may find that you are not alone. "We're all in this together" is a mantra used nationwide this year. Let's use it for diabetes management too. ■





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